

JANUARY 2011

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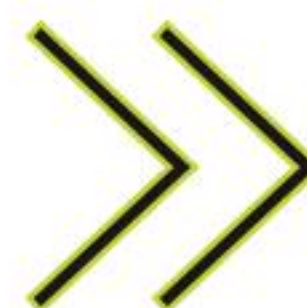
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Prop Styling by Leslie Siegel

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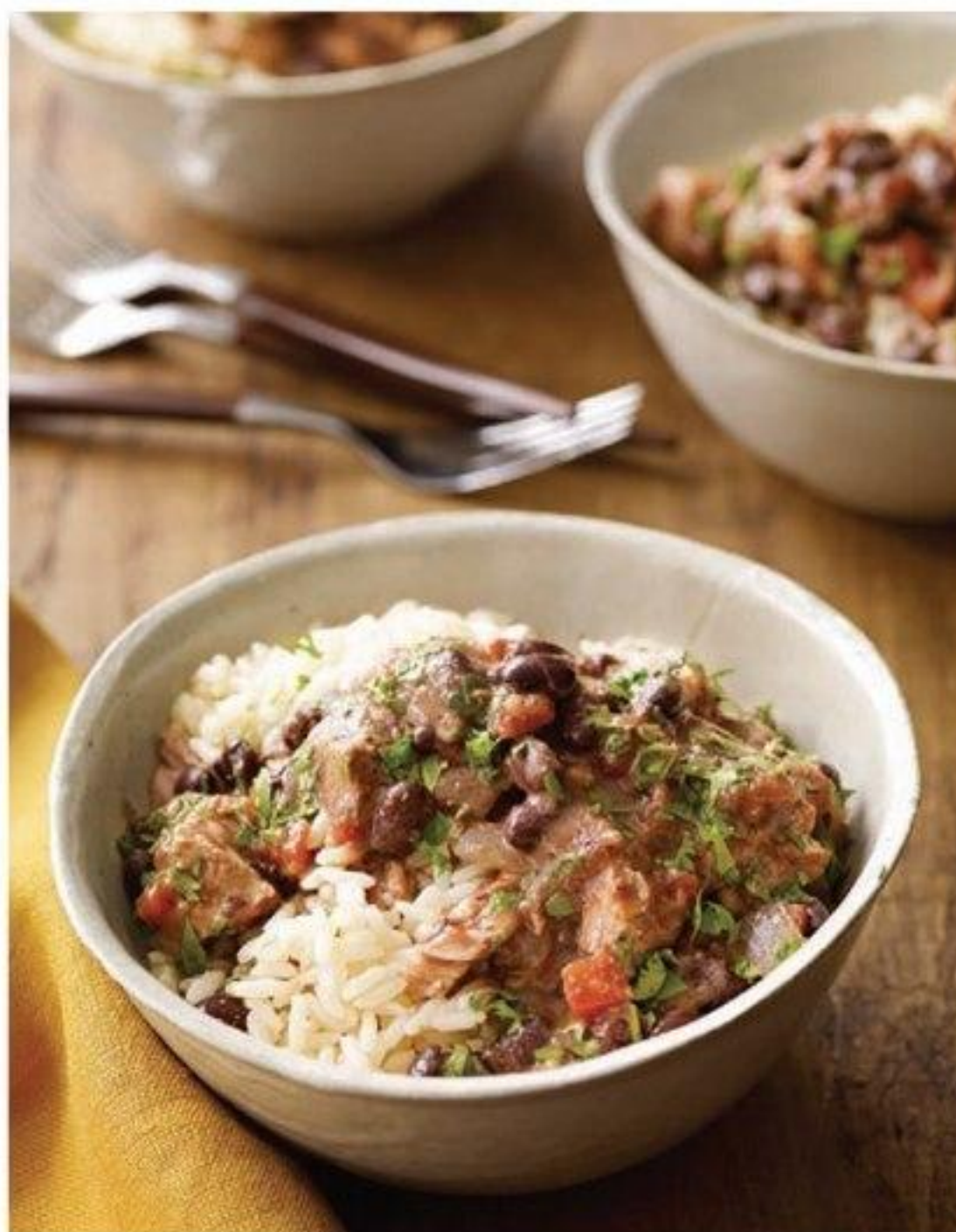
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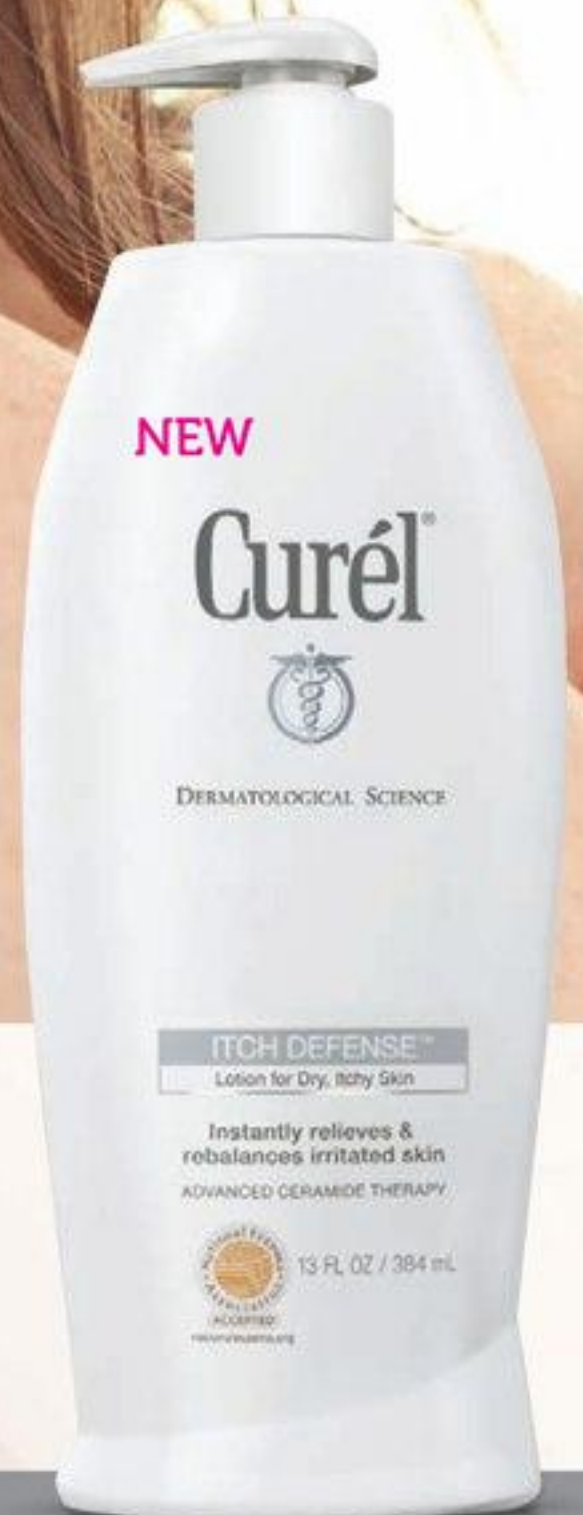
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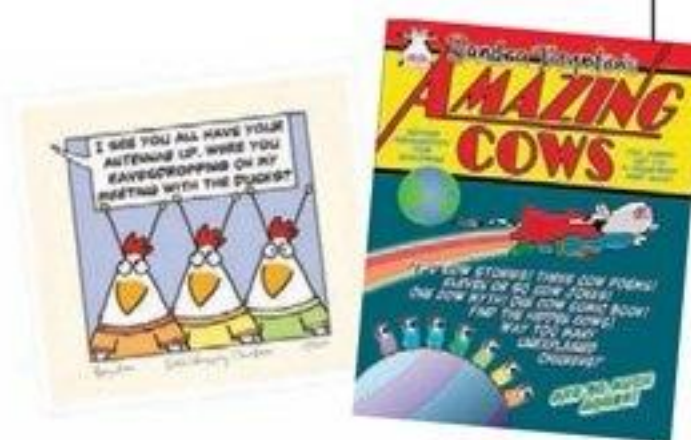
from the editor



At *Family Circle* we think a lot about (okay, we're slightly obsessed with) helping our readers live healthier lives. It's the reason we created and trademarked our Healthy Family Dinners recipes five years ago, assembled a first-rate Health Advisory Board comprising 14 experts, and feature columns like Health News, Kids' Health, Walk It Off, Diet Success and In the Kitchen with Regina, which is packed with nutritious advice from our food director (who is also a registered

dietician). In light of the latest alarming news about rising obesity rates for adults and children, we decided that for 2011 we needed to take it up a notch. This month we are proud to launch Healthy Family 2011, a year-long initiative in the magazine and on familycircle.com with the sole purpose of raising the nutritional IQ of our 20 million readers. In addition to enhancing Healthy Family Dinners with plenty of tips and tricks for eating better and shopping smarter, we will be working with the Rebucci family of Chester, New Jersey (see page 123 to meet Lisa and Marc, and sons Kyle, 11, and Jack, 13), to fulfill their New Year's resolution to eat healthier and get fit. This typical clan's busy lifestyle mirrors that of most American families, and we all know how a hectic schedule can undermine good health habits. We'll be helping the Rebuccis tackle common challenges like how to eat more whole grains, incorporate fruits and veggies into every meal, learn to love fish and limit meat—you get the idea. And we hope that by watching them embrace change, both the successes and the struggles, you too will be inspired to join them.

Linda Fears, Editor in Chief
linda@familycircle.com



Sandra Boynton Giveaway!

Cowabunga! Enter for a chance to win one of three signed, limited-edition prints—*Eavesdropping Chickens*, *Serious Cow* and *Amazing Cow Comics*—or a signed copy of her new, udderly awesome book, *Amazing Cows*. To enter, go to momster.com/contests/sandraboynnton. For rules, see page 142.

Introducing Suzonne Stirling



» We're excited to welcome a new member to our family: craft stylist and mom Suzonne Stirling, whose DIY column debuts this month on page 31. When she's not glue-gunning, Suzonne combs flea markets and thrift shops in her hometown of New Orleans for bargains. In future issues she'll show how easy and fun it is to transform all sorts of finds into sophisticated pieces. Happy crafting!



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MONDAY



TUESDAY



THURSDAY



SATURDAY



Be Smart.

*1 1/4 cup of vegetables in a 1/2 cup serving

FamilyCircle

contributors



«
**kelli b.
grant**

As the senior consumer reporter at SmartMoney.com, Kelli writes about saving and investing. But it was her work on “**Fast Money Fixes**,” page 57, that compelled her to take a hard look at her own financial resolutions. “I renegotiated my rent and adjusted my cell phone plan,” she says. “The money I’ve saved is being added to my ‘buy-a-house’ fund.”



«
**norine
dworkin-
mcdaniel**

Interviewing the women in “**New Body, New Life**,” page 101, inspired this Florida-based freelance writer to start going to Pilates classes again. “I was motivated by their stories of willpower,” Norine says. “I now keep my favorite skinny jeans hanging on my armoire as a reminder of my own fitness and weight-loss goals.”



«
**mandi
carroll**

This mom of three tweens has lived in several states and countries due to her husband’s military career and thinks her new home of North Dakota is a great fit. “The Jones Mahlum family’s passion for Bismarck rubbed off on me,” says Mandi, who lives nearby and photographed them for **My Hometown**, page 42.

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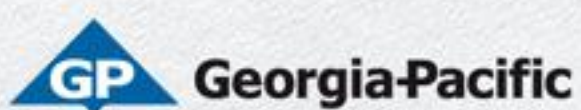




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feedback



Medal of Valor

I read “Call of Duty” [November 1] with tears of joy streaming down my face. My son has been in the Air Force for five years and last year he came back from the Persian Gulf a different person. I’ve seen firsthand the psychological effects of deployment on our soldiers, and I’ve always wished returning troops had more support. I give Barbara a standing ovation for starting Give an Hour. I thank her and her family and all of the volunteers for offering these much-needed services.

Kim Reese, HERSHEY, PA

Emotional Eating

I’m always looking for new tricks when it comes to cooking. That’s why I loved “High Five” [October 17]. There were so many great dinners that require only a

few ingredients. The Pork Tenderloin with Warm Apple Slaw was delicious and is one of those dishes that could truly be called comfort food.

Frances Nunnally, RICHMOND, VA

Visit familycircle.com/porktenderloin for this quick and easy recipe.

Home Makeover

I was awed by the article about Sheila Grubb [“The Comforts of Home,” October 17]. A beautiful house inspires people and serves as a place of refuge. What could be more noble than giving that to those in need. More power to Sheila—I’ll definitely be spreading the word about her.

Maureen Toribio, VIA E-MAIL

FACEBOOK POST OF THE MONTH

“I put more cheese on top of the Baked Ziti because my husband loves cheese. It was very good and I intend to make it again.”

—Beverly Byrd

Visit familycircle.com/bakedziti for the November 1 cover recipe.

online this issue

» Find dozens of good-for-you breakfast, lunch and dinner ideas at familycircle.com/healthymeals

» See gorgeous ways to get your home in order at familycircle.com/organizing

» Ready to slim down and tone up? Go to familycircle.com/exercise for our favorite workout plans.

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»»»» BY THE NUMBERS »»»»

Consuming Passion

It's that time, to pause and reflect on 2010: the highs, the lows, what you did, what you learned and—if you dare—what you ate. Don't feel bad. A lot of us broke our resolution to say no to supersizing and yes to more salad. The average woman, in fact, lasts just 19 days on a diet before giving in to temptation, usually in the form of chocolate or chips. And only one in four of us get enough veggies (no, french fries don't count). Take a look at what the average American chows down in a year. Maybe, just maybe, it'll give you the incentive to clean up your act in 2011.

Sources: Visualeconomics.com, Centers for Disease Control, Mirror.co.uk

INNER CIRCLE

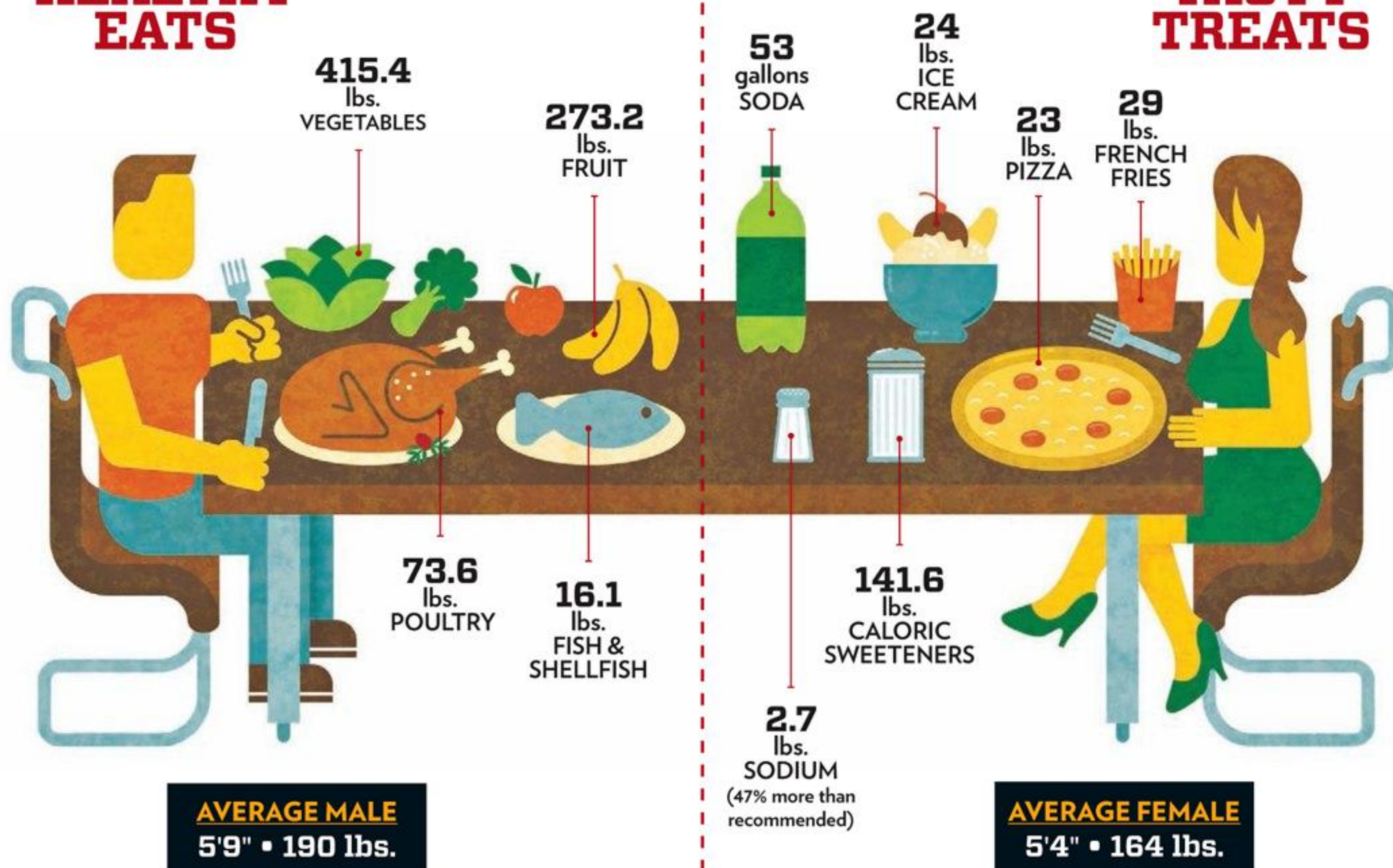
*A roundup of smart talk,
hot trends and favorite finds*

2,700

AVERAGE NUMBER OF CALORIES CONSUMED DAILY BY MEN & WOMEN

HEALTHY EATS

TASTY TREATS



34%
of adults
are obese

THAT'S RICH

A new study by American Express found that its biggest spenders—those who charge at least \$7,000 a month on their card—shelled out 25% more on fast food this year than last and not nearly as much as at pricey joints. Guess they're trying to trim their budgets, not their waistlines.

17%
of children and
teens are obese

»»»» TRENDSPOTTING »»»»

Cape Crusaders

They're a unique take on the jacket, and just right for those days that don't call for your heaviest cold-weather cover-ups. And no need to worry about looking like a superhero, thanks to a range of new styles (from fitted to flowing, shoulder- to ankle-length) and textures (leather, silk, felt, wool, cashmere). There are cardigan capes with gathered collars, v-necks with asymmetrical hems, even double-breasted pieces with military details inspired by the classic peacoat. We're hoping to find one under the Christmas tree (hint, hint). It's the perfect throw-on-and-go wardrobe update—and would look killer with our new skinny jeans.

All clothing by Zara.

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Check out our favorite affordable capes at familycircle.com/capes

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COUPLES THERAPY

Want fewer dustups with your spouse? In a recent survey of more than 1,000 men, 9 out of 10 agree that when they share household chores equally with their significant other, they get along better. So pass your honey the mop!

↓
Women spend 17 hours a week cleaning, down from 26 hours, 30 years ago, while ...

↑
... men have more than doubled their duty, from 6 to 13 hours. But ...

↓
... having a husband creates an extra 7 hours of work each week for women.



Give kids some chores, and pop goes the tongue.

Yuck Factor

There's a reason we say that something unpleasant—like an unfair traffic ticket—leaves a bad taste in your mouth. Turns out that the facial muscles involved when we feel rage or repulsion are the same ones that contract when a bitter flavor hits the tongue, according to

University of Toronto researcher Adam K. Anderson. "So the next time your tween scrunches up his face when you tell him to take out the garbage, realize that it's because he finds the idea as repulsive as being asked to eat it," Anderson says. As for the eye roll, guess he'll throw that in for free.



\$\$
MAJOR INVESTMENT

THE MORE THE MERRIER

Flower power means something entirely different in 2011, as evidenced by 47 porcelain bud vases getting fused for this pricey pick (\$365!) from Lekker. To save a few hundred bucks, buy a dozen or so vases from Ikea, \$3 each. Try creating the pyramid effect with a footed cake stand, then fill with blossoming sprigs for an arrangement that's anything but garden variety.



\$
MINOR EXPENSE

CUTTING A RUG

Riding the wave of cute-but-useless collectibles like Pet Rocks and Ch-Ch-Ch Chias are these shagadelic Car Pets. At press time, 14,616 people liked these googly-eyed creatures on Facebook—maybe they're onto something. My-car-pet.com, \$8



BOX SCORE

Bless the people at Kleenex—these adorable cake-inspired wedges in white vanilla, chocolate, red velvet and cherry pie are stuffed with tissues, taking a little of the sting out of runny noses. Sweet. Target.com, \$3



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THINK POSITIVE!

Usually when a task becomes pressing—something kid-related, a work deadline, a home-improvement project—it goes on my to-do list and gets done. Rarely do loftier goals like “Lose 10 pounds” or “Get along better with my husband” make the cut. For those bigger-picture things, I just sort of hope. And flounder.

For 2011, I vowed a more proactive approach. Harnessing the power of technology, like I do in pretty much every other area of my life, would be key.

First up: A \$20 program, *The Power of Now*, through [HabitChanger.com](#). The site e-mails and texts me daily reminders to enjoy the present instead of dwelling on the past or future, a hang-up that makes it harder to peacefully coexist with my husband. So I just read the rather Zen e-mails as they arrived and did the easy, not-terribly-time-consuming mental exercises that were suggested.

And I changed.

For one thing I stopped trying to get Dan to alter his behavior, giving up on

the idea that I could say something that would magically transform him. As *The Power of Now* puts it, “The greatest catalyst in a relationship is complete acceptance of your partner, without needing to judge or change him or her. . . . There are no victims and no perpetrators anymore, no accuser and accused.”

And, astonishingly, it was that simple. Instead of counting how often I’d picked up his dirty socks and envisioning my future littered with same, I just threw them in the laundry without overthinking, or left them where they were. It was easier. We didn’t argue. I even resisted (ironically, I thought) the urge to insist that he enroll in *The Power of Now* too.

So—could the Web also work on the 10 pounds I’ve been trying to lose forever? I signed up for *HabitChanger’s* *Losing Weight* program (\$30), which isn’t a specific diet but aims to instill eating habits that pare pounds. For this elusive goal, I decided to raise the stakes.

At [Stickk.com](#) you put your money

where your intentions are with a wager. I committed to losing 1 pound a week, then set up a “Stickk” so that if I fall short, the site hits my credit card for a \$5 donation to a political organization with totally opposite beliefs from mine. The idea of giving this group my hard-earned cash is providing major incentive to exercise and lay off dessert. To keep me honest, I persuaded my 11-year-old daughter to be my referee. Now there’s no way out unless I’m in my skinny jeans.

To up my odds of success, I use [MyFoodDiary.com](#) for logging meals and snacks. I thought the process would be a drag, but I actually enjoy it. When I have a good day—with sodium, fat and calories in check—it gives me a smiley face. (Kindergarten teachers are so wise.) I also like the “If every day were like today” calculation, which estimates when I’ll meet my goal. And it’s working. I haven’t given my hated charity a cent yet, and I’m closer to wearing those jeans than I have been in a long time. ●

TOOLS TO TRY

These sites put victory within reach.

HabitChanger.com Assorted 42-day programs for weight loss, smoking cessation, stress management and more. Expert advice and tips hit your e-mail inbox daily for \$20 to \$40.

Stickk.com Charges you cold, hard cash if you fail. You set the amount. Free.

MyFoodDiary.com Packed with nutritional info for just about everything, and you can even input your own recipes. Enter what you eat and any exercise to calculate your expected net loss (or gain). \$9 per month.

HabitForge.com Solid science backs up the idea that the first few weeks of forming any habit are the toughest. For 21 days, this site sends me a daily reminder and asks me to report how I did yesterday. When I falter, it rolls the count back to zero again. By the time I’ve done something for 21 days, it’s a habit. Free.

Life Balance (llamagraphics.com) An elaborate to-do list/life coach program that lets me set up specific goals and break them into baby steps. From \$20.



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HOME

→ DO-IT-YOURSELF IDEAS → DECORATING STRATEGIES → FAVORITE FINDS



Photo: William N. Hopkins.

Going Gray

Just as fashion has a hot list, so too does decorating—and this year is all about gray. “It’s a sophisticated, modern neutral for walls,” says Erika Woelfel, director of color for Behr Paints. Whether a dark charcoal or light dove, the shade allows colorful accents like pillows and flowers to stand out. Art and photos in black frames add a graphic touch to the room while crisp white trim and lots of light (either natural or ambient) will keep the look bright, not dreary. This is one gray you won’t want to hide.

→ BY KATE DOHERTY

DO NOT DISTURB

According to a recent study, 56% of women don't have a mom cave—a refuge of their own. Kick-start the year by hunting and gathering some goodies.



Chair, \$130



Martini set, \$17

Photo albums, from \$10



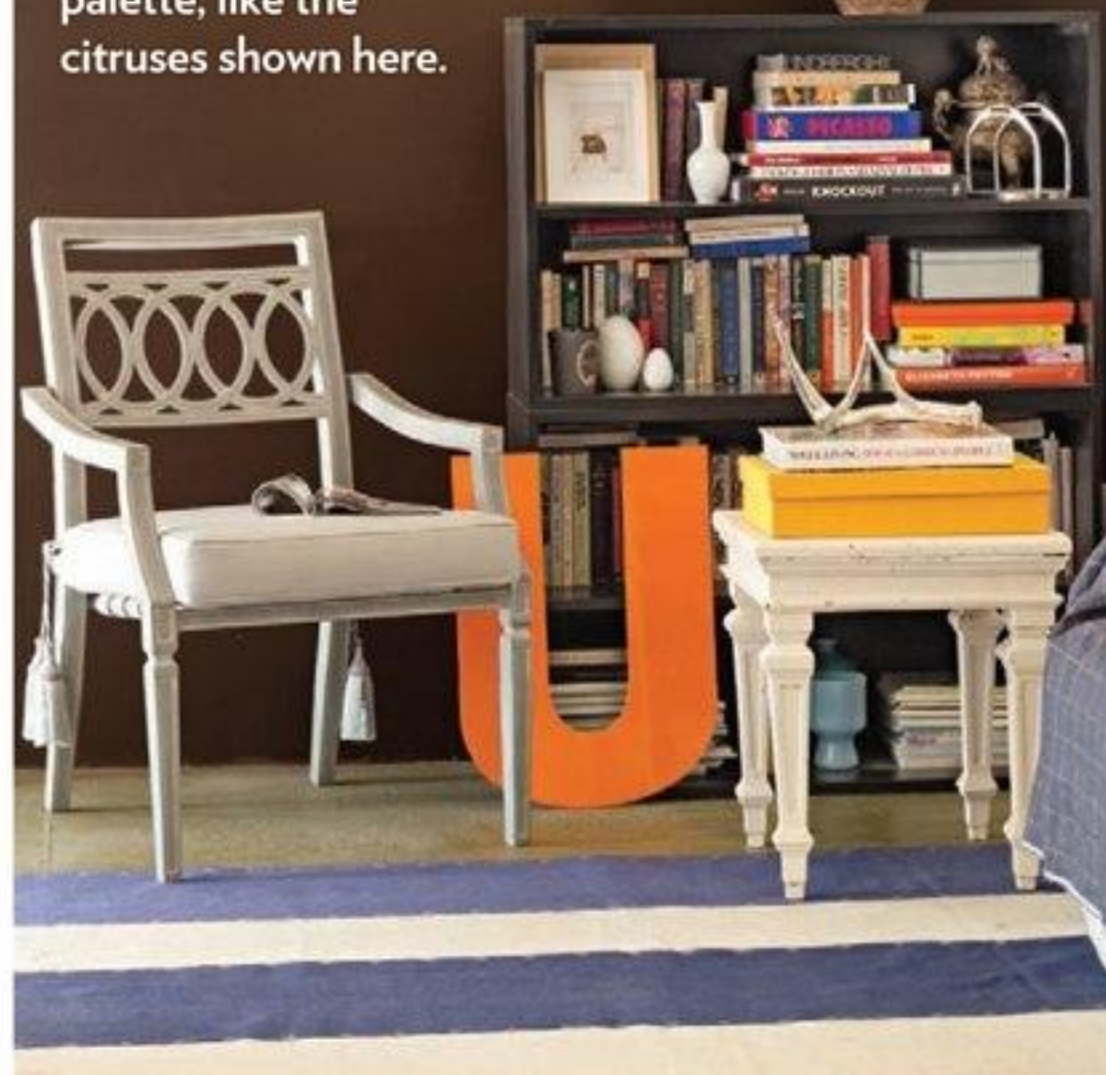
Crewel floor pillows, \$25 each



Lamp, \$30

→ All products, homegoods.com for info

Bring harmony to an eclectic mix of objects with hints of a single color palette, like the citrus shown here.



PRO pointers



As a professional stylist, **Lili Diallo** can pull a room together with a few small tweaks. In her book, *Details: A Stylist's Secrets to Creating Inspired Interiors* (Clarkson Potter), she reveals all.

DIFFERENT STROKES

→ A space that is too perfect can be boring; Always include one item in an unexpected hue or shape.

BUDGET BEAUTY

→ Change the look of an old sofa by casually throwing a fabulous piece

of fabric over it—the result is an easy, instant reupholstery!

MATERIAL WORLD

→ Add character and soul by mixing textures, like tossing a linen pillow on a leather chair or placing a silk lampshade near a wooden table.



To celebrate National Organizing Month, try these clutter control tips from Motherboard moms:

"Don't feel guilty! No need to keep every paper your kids bring home."

"Organize in little bits and pieces at a time. You don't have to do a whole room, just five minutes here and there makes a big difference."

"I love storage ottomans—they hide clutter and still look like part of the decor."



Our perfectly seasoned sausage is
a magnet for other ingredients.





OBJECT LESSONS

PUT THE PLAY IN DISPLAY
WITH THESE EASY, CREATIVE
WAYS TO MAKE ARTFUL YET
USEFUL ARRANGEMENTS OF
YOUR FAVORITE ACCESSORIES.

» **TRAY CHIC** Coffee tables offer ample space for books, flowers and decorative pieces, but things can quickly sprawl into a mess if you don't get it right. One trick is to use trays like these lacquer versions to corral like items—such as ceramics and pillar candles—into groupings. Try clustering candles in different sizes and colors in one tray, and bowls or vases in another. Finally, jazz up a stack of books by topping with a vessel filled with found objects. Porter round cocktail table, mgbwhome.com; Starboard woven cotton rug, dashandalbert.com

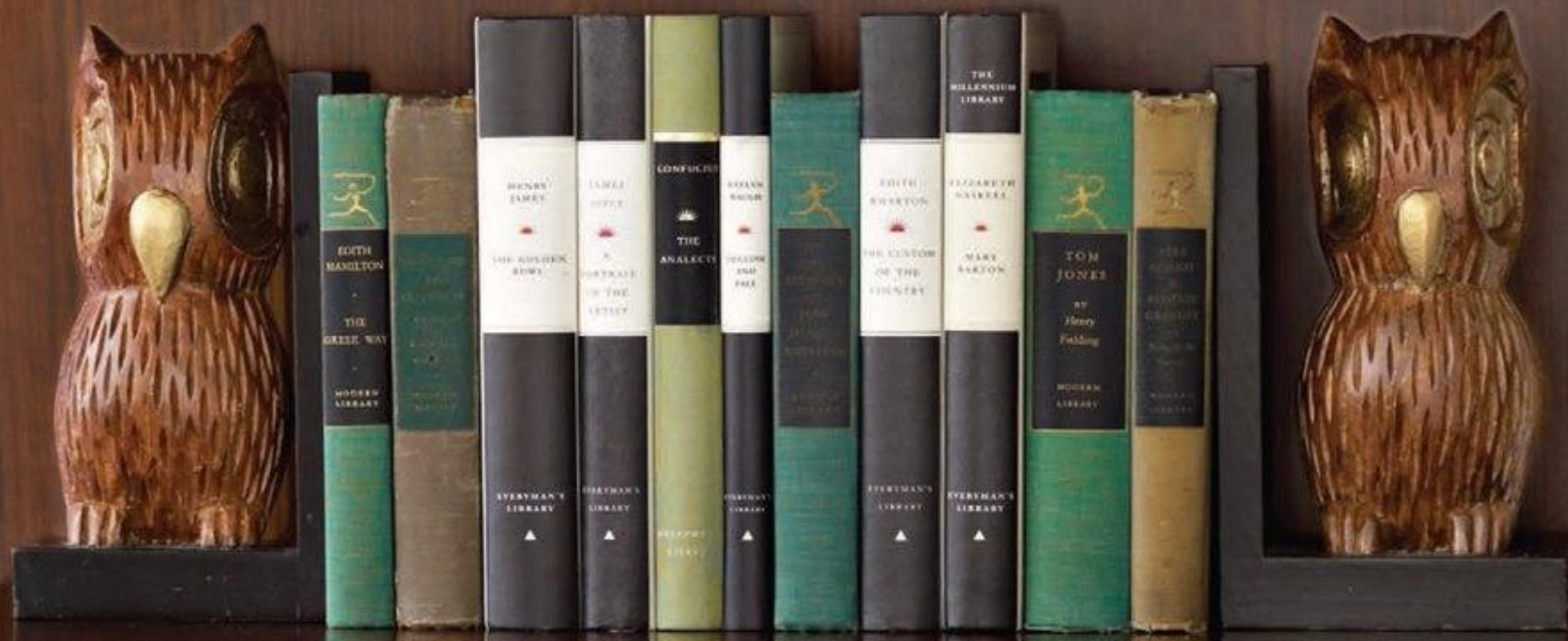
PRODUCED BY JOHN LOECKE TEXT BY SARA BLISS PHOTOGRAPHS BY WENDELL T. WEBBER







>> GROUP BOOKS BY COLOR
OR SIZE SO THAT THEY WORK
WELL TOGETHER VISUALLY.



>> NATURAL ELEMENTS LIKE SHELLS OR MOSS GIVE A FOYER AN INVITING FEEL.



SHELF HELP Shelves crammed end to end with books usually look cluttered. “I think a bookcase can be both utilitarian and artful,” explains designer John Loecke. He recommends taking everything out and trying different groupings on each shelf. Place most titles upright in clusters to save space. Stack larger ones horizontally so they can act as pedestals for displaying items. Incorporate interesting boxes, vases, paperweights, framed photos and cool bookends to add style and flair. **Vandyke bookcase, mgbwhome.com**

WARM WELCOME The table in your foyer is the first thing you see when you walk into the house, so it should be as appealing as possible. Start with a large painting or an oversize mirror hung low to anchor the space. Add a lamp to light the way and a pretty platter or tray to catch mail, coins and keys. A couple of items, like a metal monogram in the first letter of your last name, can be a fun way to make a personal statement.

>> A CLUSTER OF ODD SHAPES AND SIZES
LOOKS LESS CONTRIVED THAN ONE
THAT'S PERFECTLY SYMMETRICAL.

LIGHT SHOW

Fill the relatively small space on a side table in the living room with a few well-chosen pieces, using a unique and colorful lamp as a sculptural base. Assemble a variety of accessories for visual interest. Here Loecke casually pulled together a threesome of round paperweights, a rectangular box and a glass pitcher to hold flowers. **Sizzling colors**
geometric lamp, shadesoflight.com



>> FOR INEXPENSIVE ART, TRY MATTING AND FRAMING PIECES OF GRAPHIC FABRIC.



ALL DRESSED UP Turn the top of your bedroom dresser into a focal point. A favorite plate can contain disparate objects—perfume bottles, necklaces, attractive jars—while the long, thin neck of a vase is a clever perch for bracelets. An eye-catching box offers sleek hidden storage for costume jewelry. One or two framed photos and a bunch of flowers, along with art hanging on the wall above, further enhance the composition. **Hughes three-drawer chest, mgbwhome.com**



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Crafty ideas from a style-savvy mom.
BY SUZONNE STIRLING

DIY

take a stand

I spend a lot of time poking around thrift shops hunting for castoffs to fix up. It's a great way to save money and give furniture that otherwise might land in the trash heap a second chance. Take this nightstand I recently bought for \$20. It's run-of-the-mill, but the little details on the front caught my eye. My first thought was simply to freshen it up with a coat of paint. But once at home, I decided to try fabric as a decorative element. In the end it didn't take much work to turn this table into something out of the ordinary.

Step 1 → To prepare for priming, lightly sand inside and out with a medium (100) grit sand paper. Wipe all surfaces with a rag. Fill any cracks or chips with stainable wood filler and let dry thoroughly. Sand and wipe down the filled areas.

Step 2 → Brush on two thin coats of primer and let dry. Oil-base creates a more durable finish, but you can use latex-base if you prefer.

Step 3 → Remove drawer. Apply two coats of semigloss latex paint—let dry between coats—leaving the nightstand top and the front of the drawer unpainted.

Step 4 → Cut a piece of fabric large enough to cover the top and wrap around edges. Cut a second piece to fit front of drawer and wrap around edges. Iron fusible web, cut to fit, onto the wrong side of both pieces. When cool, remove paper liners. Next iron fabric directly onto the top of the stand. Pull cloth taut using iron or fabric glue to adhere under the edge. Iron fabric to front of drawer, wrapping around edge. Snip excess from the corners and reinforce with fabric glue to prevent fraying.

Step 5 → Attach new pull in existing holes or drill new ones.



BEFORE



If you're struggling with depression, a helping hand.

Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

The Cymbalta Promise program is designed to help you get started on Cymbalta and to encourage an ongoing dialogue with your doctor throughout your treatment. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment. Our goal is to help you get on the right treatment, whether it's Cymbalta or not. This program is not a guarantee of efficacy. It provides a trial period that may help you and your doctor assess the efficacy, safety, and tolerability of Cymbalta.

To learn more about the Cymbalta Promise program and to enroll, visit our website at www.cymbaltapromise.com or call 1-877-CYMBALTA.

Cymbalta is a prescription medication approved for the treatment of depression.



Partnership for
Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Important Safety Information About Cymbalta


Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- Have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- Have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- About all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported



Introducing the Cymbalta Promise program.



Try Cymbalta for up to 60 days.
If you and your doctor are not satisfied, you'll get your money back.

Talk to your doctor and visit www.cymbaltapromise.com.

Restrictions apply; see terms and conditions below.

Important Safety Information (continued)

- About your alcohol use
- About all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- If you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- Before stopping Cymbalta or changing your dose
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta
- If you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- Nausea, dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

See back page for additional information for patients about Cymbalta, including Boxed Warning.

Terms and Conditions: Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of \$700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.



Information For Patients About Cymbalta

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual

changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, and fibromyalgia), the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist. Additional information can be found at www.cymbalta.com.

Eli Lilly and Company
Lilly Corporate Center
Indianapolis, IN - USA

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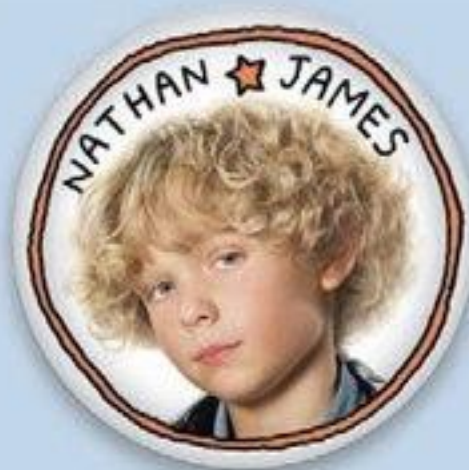


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*Bose payment plan available on orders of \$299-\$1500 paid by major credit card. Separate financing offers may be available for select products. See website for details. Down payment is 1/12 the product price plus applicable tax and shipping charges, charged when your order is shipped. Then, your credit card will be billed for 11 equal monthly installments beginning approximately one month from the date your order is shipped, with 0% APR and no interest charges from Bose. Credit card rules and interest may apply. U.S. residents only. Limit one active financing program per customer. ©2010 Bose Corporation. Patent rights issued and/or pending. The Wave® music system's distinctive design is also a registered trademark of Bose Corporation. Financing and savings offers not to be combined with other offers or applied to previous purchases, and subject to change without notice. If the Wave® music system is returned, the Multi-CD Changer must be returned for a full refund. Offers are limited to purchases made from Bose and participating authorized dealers. Offer valid 11/1/10-12/31/10. Risk free refers to 30-day trial only, requires product purchase and does not include return shipping. Delivery is subject to product availability. Quotes reprinted with permission: Thomas Jackson, *Forbes* FYI, Winter/04.



TECHNOLOGY VS. FRUMPOLGY

★ TECHNOLOGY WINS EVERY TIME ★

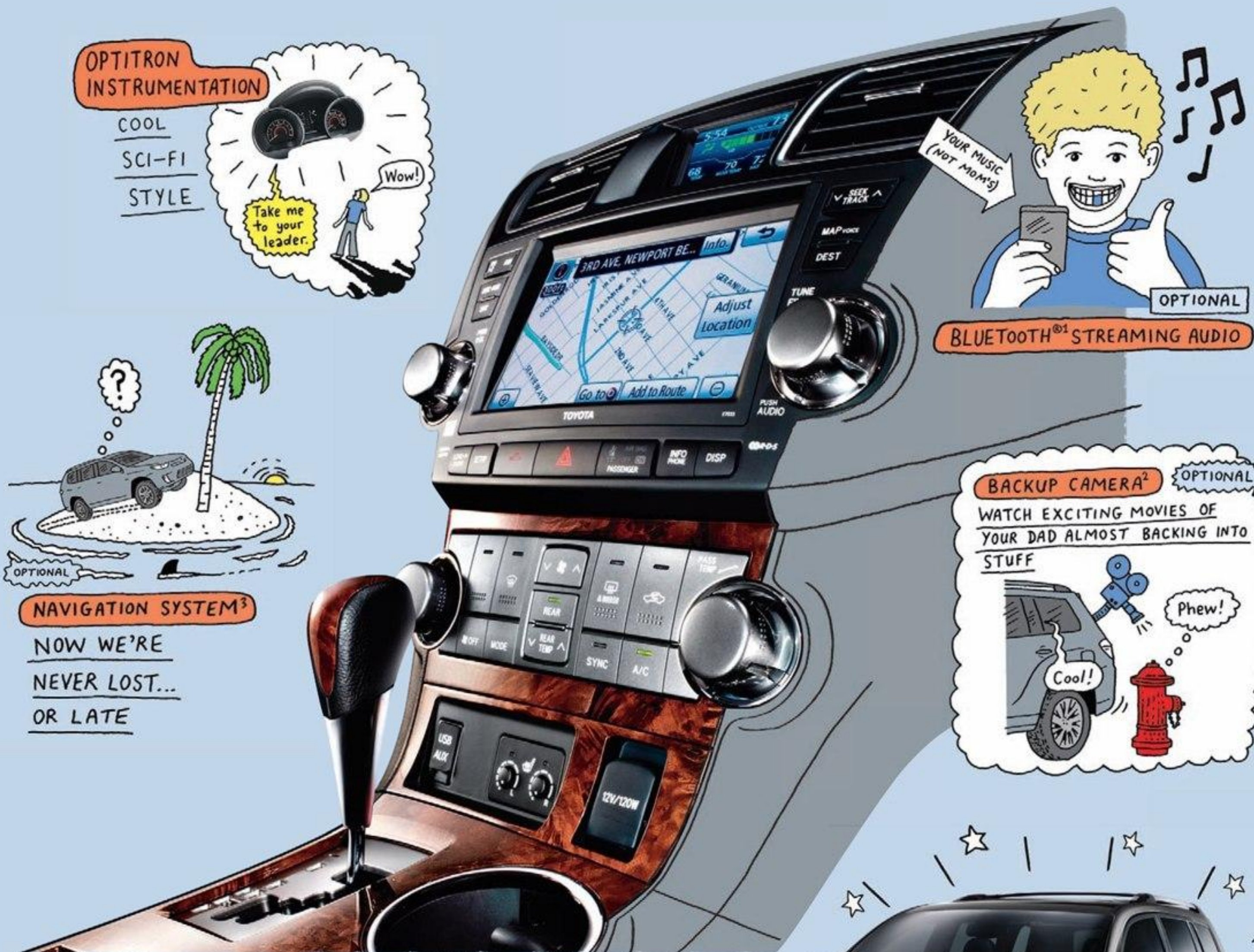
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OR LATE



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(NOT MOM'S)

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WATCH EXCITING MOVIES OF
YOUR DAD ALMOST BACKING INTO
STUFF



THE ^{NEW} STYLISH 2011 TOYOTA HIGHLANDER.

There are some things parents should never skimp on, like technology and style. Thankfully, the new Toyota Highlander combines things like available Bluetooth^{®1} streaming audio and perforated leather-trimmed seats,⁴ which beats lameness, hands down. Learn more at toyota.com/highlander

Options shown. ¹The Bluetooth[®] word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Toyota is under license. Other trademarks and trade names are those of their respective owners. Performance of Bluetooth[®] wireless technology compatible phones will vary based on phone software version, coverage and your wireless carrier. Toyota does not endorse a particular phone or substantiate the Bluetooth[®] wireless technology audio streaming capability of cell phones. See toyota.com for more details. ²The backup camera does not provide a comprehensive view of the rear area of the vehicle. You should also look around outside your vehicle and use your mirrors to confirm rearward clearance. Cold weather will limit effectiveness and view may become cloudy. ³Availability and accuracy of the information provided by the navigation system or any XM services mentioned (if installed) are dependent upon many factors. Use common sense when relying on information provided. Services not available in every city or roadway. Periodic navigation updates available at additional cost. See your Navigation System Owner's Manual or contact XM for details. ⁴Leatherette third-row seat included with available leather-trimmed option. ©2010 Toyota Motor Sales, U.S.A., Inc.



FAMILY

→ NEWS → VIEWS → FUN ACTIVITIES THAT KEEP YOU CONNECTED

Photo: imagebroker.net/SuperStock.

Get the Message?

It isn't your imagination: Kids don't use their cellular phones as a means for just speaking. In fact, two-thirds of teenagers say they are more likely to text their friends than to chat with them by cell phone, and girls send nearly three times as many texts as boys do. Teens typically make or receive just five calls a day. However, when it comes to mom and dad, kids are all talk—calling is still the main way children choose to communicate with their parents. Source: Pew Research Center

FAMILY TIME

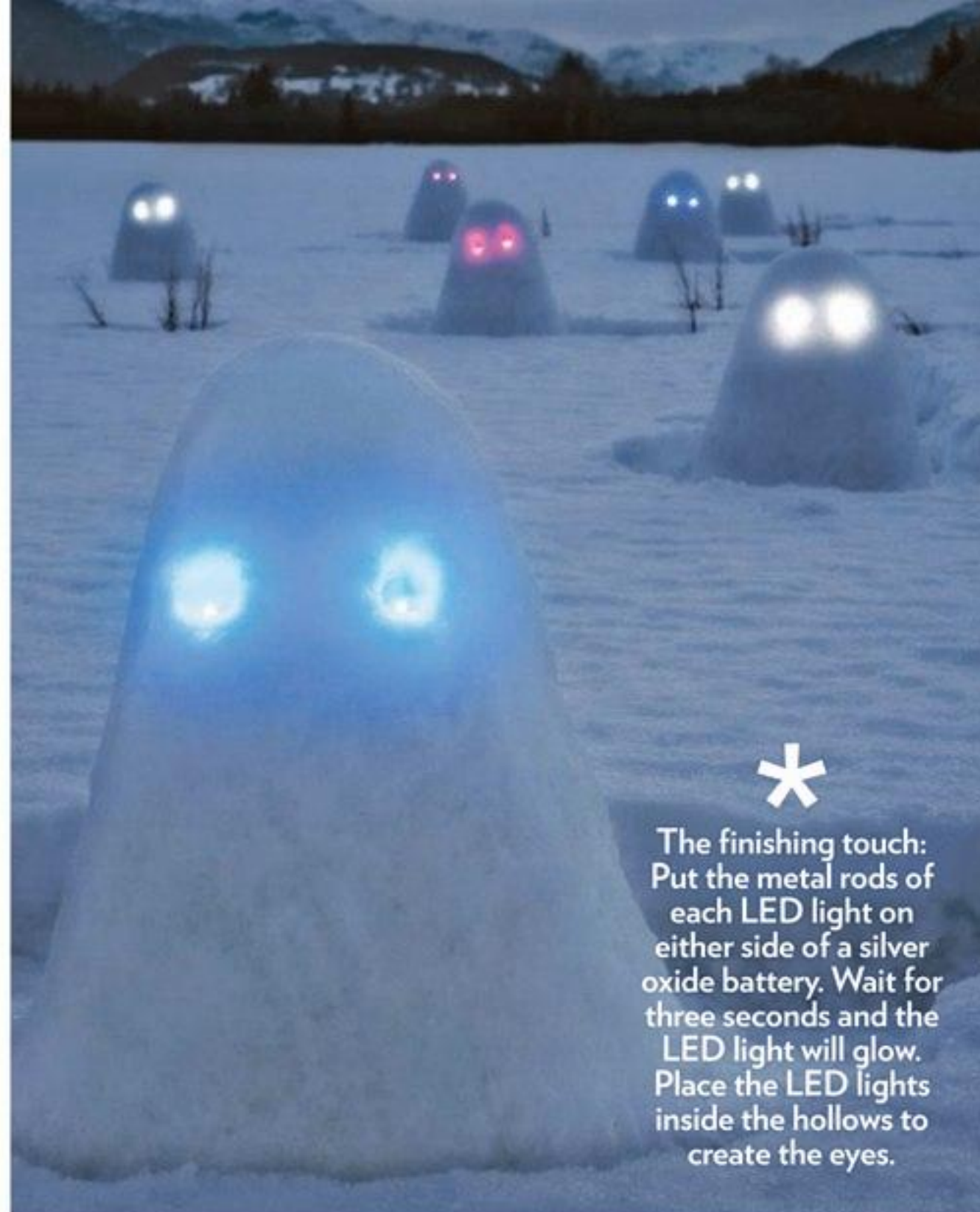
→ BY CELIA SHATZMAN

ICE, ICE BABY

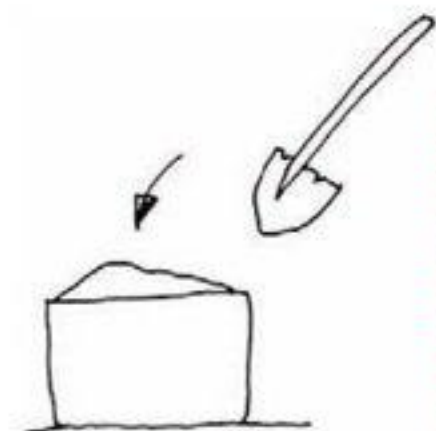


» Your kids may say they're too old for Frosty—until they peek at the paperback *Snow Play*, by Birgitta

Ralston (Artisan), with its striking photos, and instructions (The Eyes sculpture how-to is below) for making lanterns, slides, carvings and more.

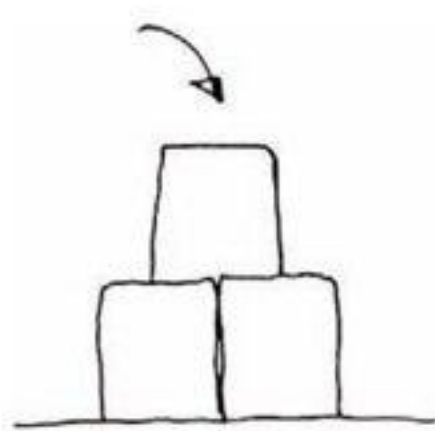


The finishing touch: Put the metal rods of each LED light on either side of a silver oxide battery. Wait for three seconds and the LED light will glow. Place the LED lights inside the hollows to create the eyes.



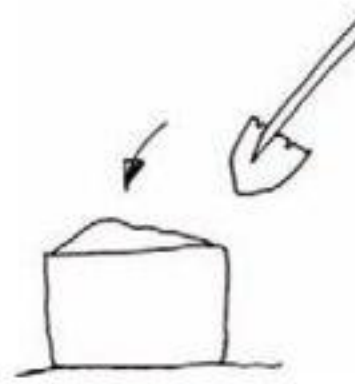
STEP 1

Using a rectangular bucket about 18 inches deep, make a snow cube. Shovel the mold full of snow, compress it tightly, and turn out the cube.



STEP 2

To make each ghost, use three cubes; place two on the ground to form the base and then place one on the top. Each ghost will be about 3 feet tall. Fill any gaps with additional snow.



STEP 3

Using a small hand shovel, shape the ghosts by scraping the hand shovel down the length of the structure to remove any excess snow and round the corners. Smooth out the surface with your hands.



STEP 4

Use your fingers to carve two hollows to create the eyes of the ghost. Each hollow should be the width of three fingers. *See Step 5 above.



SMALL CHANGE

Encourage your teens to check out the dozens of projects in *Do Something! A Handbook for Young Activists* (Workman), written by the editors of dosomething.org. Or they can try our ideas, if they have...

5 MINUTES →

Take a simple action to better the world. At wearewhatwedo.org, kids will find over 100 ways to help. Some examples: Shut down your computer properly or use both sides of every piece of paper.

AN HOUR →

Get informed about global issues and what kids can do to influence change. Youthink.worldbank.org features quizzes, videos and blogs written by youths on topics like debt relief and education.

A DAY →

Volunteer. Download the iMatter app (for iPhones and iPod touch), published by the non-profit organization Kids vs. Global Warming, to find projects nearby and connect with other young environmental activists.

[FC STAT]

MONEY POWER Guess who has the biggest impact on the spending habits of kids ages 17 and younger?

68%
Parents

13%
Friends

17% TV, magazines, books, radio or celebrities

2%
Teachers

Source: Northwestern Mutual Foundation's financial literacy website, the.mint.org, March 2010

RESOLUTION REVISE

Stick to your New Year's goals—and help your teens do the same—with these apps.



GET ORGANIZED

Remember The Milk is a tidy to-do list that tracks homework, soccer practice and other chores. (iPhone, Android, BlackBerry, Google Calendar and more)



GIVE BACK

Have random daily acts of kindness sent to your phone through DoGood and keep tabs on how many deeds you've done. Then spread the word on Facebook and Twitter. (iPhone)



STUDY

Help your teen get ready for the big test with SAT Vocab Challenge Vol. 1 study guide, sponsored by the Princeton Review, with timed challenges and lessons. (iPhone)



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I'LL DO WHATEVER IT TAKES TO HELP YOU

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→ BY CAREN OPPENHEIM

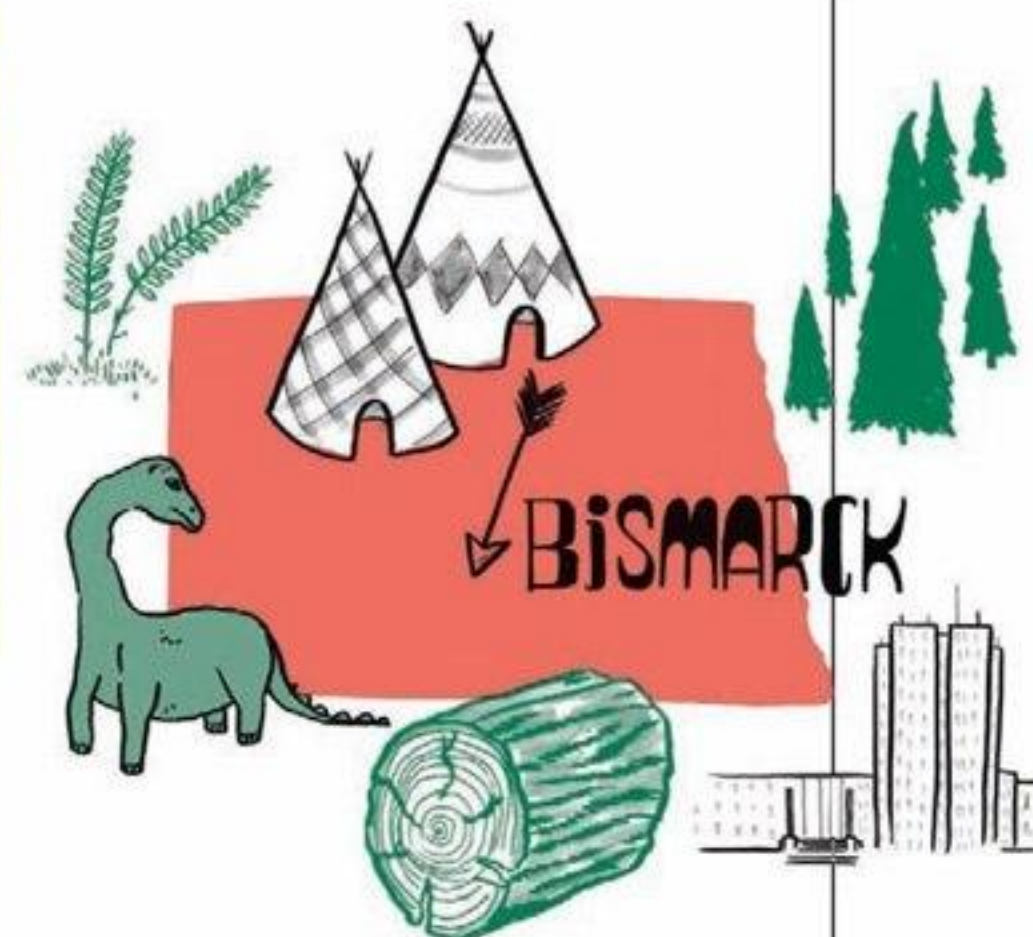


Becky Jones Mahlum and her husband, Mike, with Shiny, 15, and Sedalia, 12 (Johan, 18, not pictured).



Population: 61,217

Fun fact: On February 17, 2007, the still-standing world record for the most snow angels made at one time was set by 8,962 people on the Capitol Grounds.



Bismarck, ND

With fond memories of visiting as a child, Becky Jones Mahlum settled in the state capital, where she and her family explore museums and celebrate the town's rich culture at an annual Native American festival.

I grew up 200 miles from Bismarck, but since my dad was a state legislator we spent a good deal of time here when I was a kid. It was easy moving to the city for a job as a TV reporter after college since I was familiar with the area. Mike was working for the state in energy conservation when we met through my sister. The top-notch schools and friendliness of locals were the deciding factors in our decision to raise our family here.

Exploring the **Capitol Grounds**, home of the **Capitol Building**, has always been a favorite family activity. We especially enjoy walking the **Arboretum Trail**, where you can view more than 70 different species of plants and trees. There's also the state's largest museum, the **Heritage Center**. **The Main Gallery**, with its dinosaur fossils, a tepee you can walk through, the state's constitution and more, traces North Dakota's storied history. The life-size mammoths are also a must-see.

Over the past few years restaurants and unique art and clothing stores have opened downtown. I can't get enough of the **Walrus Restaurant's** delicious tomato basil soup. The booths there are cozy and close together—we often find our-

selves talking to people at other tables. **One World** sells jewelry, statues and other keepsakes from various countries. Once we all bought bindis [forehead decorations] there for a cultural event; it was a fun coincidence since we adopted our daughter Shiny from India.

Performing arts are a big part of our family's life—all of the kids have been in school choirs and played instruments. Shiny is interested in visual arts and music, while Sedalia attended the **Sleepy Hollow Summer Theatre** program last year. Professional actors taught and directed the kids in a performance of *Annie* at the facility's beautiful outdoor space.

It's important to Mike and me that our kids are well-rounded and appreciate other cultures. Every September people gather for the **United Tribes International Powwow**, a huge affair run by the Native Americans of North Dakota. More than 70 tribes are represented during four days of dancing, drum sessions and costumes. Over 20,000 attend the festivities, which highlight the traditions of our area and serve as a perfect example of the wonderful events taking place here in Bismarck. ●

Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to hometown@familycircle.com.

*For
vaginal discomfort
after menopause,
try treating
the cause, not just
the symptoms.*

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever—just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and to treat painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**



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PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women age 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems.** Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest.** You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding.** The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
 - Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream
1. Remove cap from tube.
 2. Screw nozzle end of applicator onto tube.
 3. Gently squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
 4. Unscrew applicator from tube.
 5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Yellowing of the skin, eyes, or nail beds
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α -dihydroequilin, 17 α -estradiol, and 17 β -dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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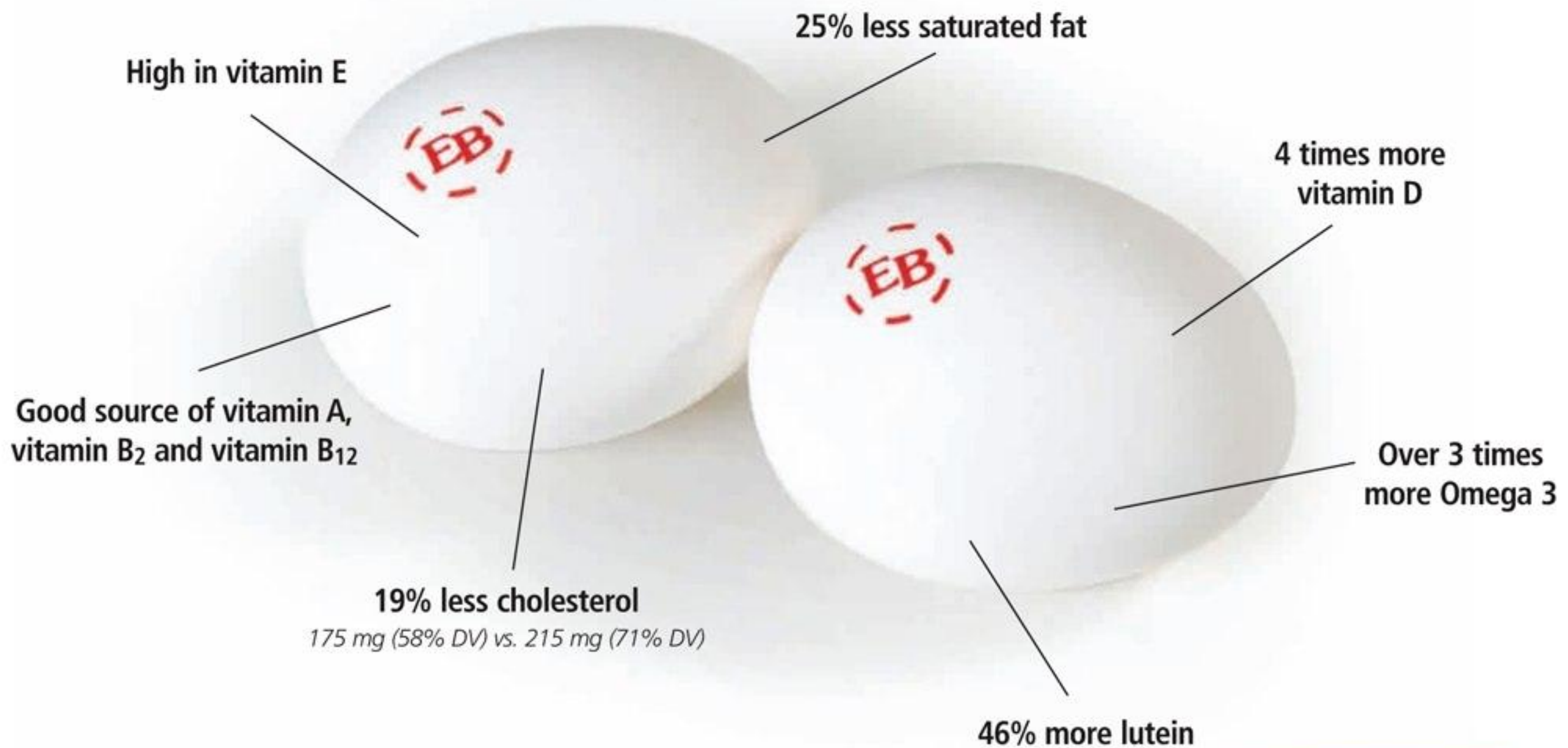
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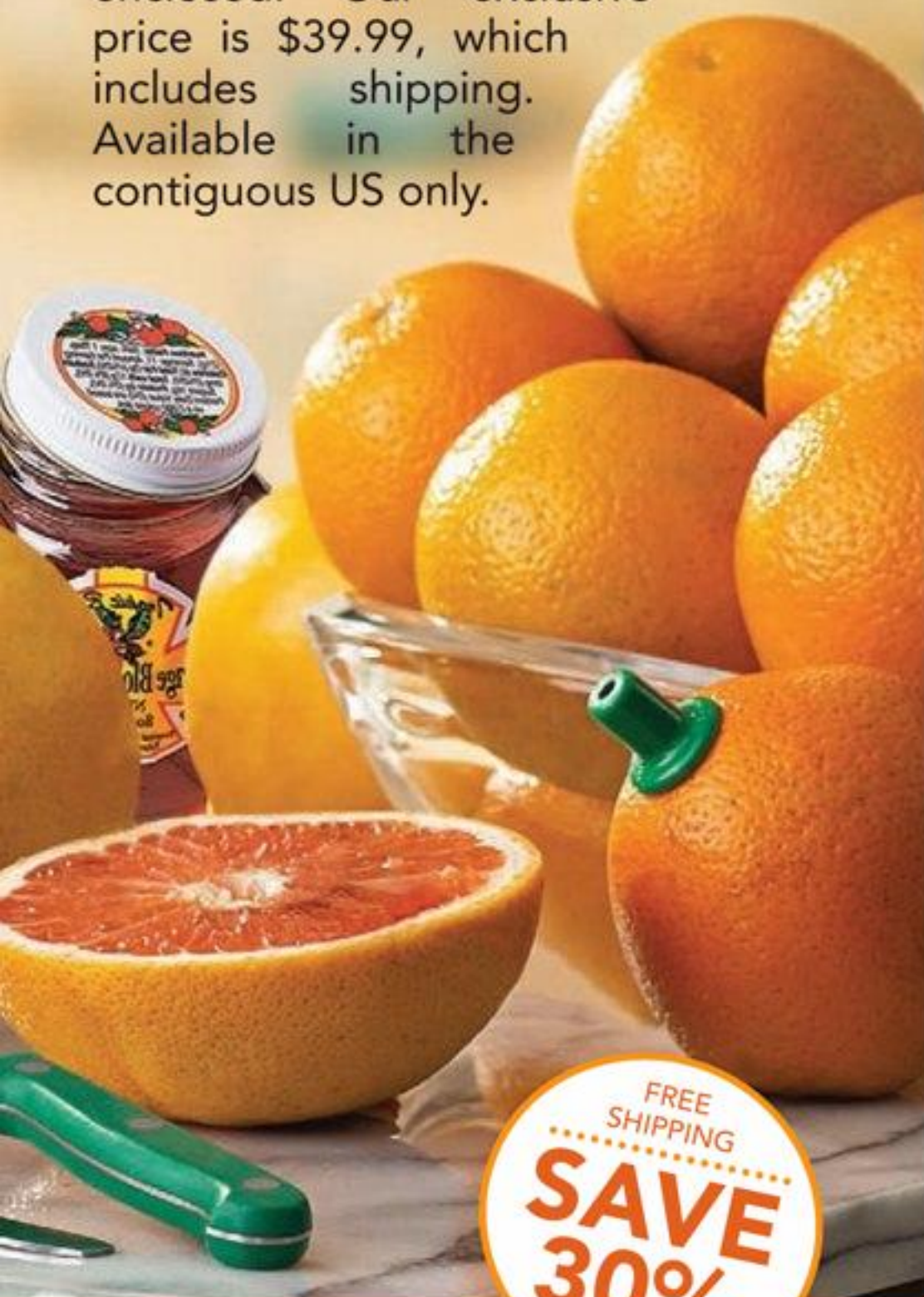


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ASK ROSALIND

SMART WAYS TO HELP YOUR TWEENS & TEENS
NAVIGATE THE REAL WORLD.
BY ROSALIND WISEMAN



Q» When my husband and I learned that our 15-year-old had sex with her boyfriend, we grounded her for a month with no computer or phone, and told her the relationship is over. But I don't want to lose my daughter over this. Assuming she's not pregnant (she says they used condoms), what's the next step we should take?

A» Reread *Romeo and Juliet*—because that's the dynamic you've just created. Please face the fact that your response didn't address the goals, which are to help your daughter develop into a sexually responsible adult and to have her boyfriend respect your values. De-romanticize this situation quickly by sitting both kids down

and explaining several things: While you recognize their affection for each other, you vehemently believe they shouldn't be having sex. But you aren't naive. If people want to get together, they'll figure out a way. Since they've decided they're mature enough to be sexually active, your daughter will get a gynecological exam for pregnancy and



Photo: (main) Patti McConville/Getty Images; (Wiseman) Mary Noble Ours.

STDs. You expect the boyfriend—if he really cares about your daughter—also to be checked by his doctor. Tell them that after this conversation you'll be contacting the other parents so everybody can be on the same page. Conclude by looking the boyfriend in the eye and saying, "Let me be clear that my daughter is precious to me. I am asking you to be a man in the real sense of the word and do the right thing."

I have a 12-year-old boy who has started telling little lies. For example, he won't say when a test is coming up, or who's with him when I call on his cell. How can I make him tell me the truth?

He isn't lying; he's withholding information. He probably wants to put space between the two of you, which is completely normal for his age. Admit to yourself that you may have been a little intrusive and you should give him more privacy. If he's keeping up with his schoolwork, back off there. He needs independence to learn academic responsibility. And while you want to give clear guidelines for how he uses his phone, and monitor his compliance, stop grilling him when you call. That said, freedom has limits. When he's struggling in a subject, he should ask for your help. And if you catch him in a lie about dangerous or unethical behavior, give appropriate consequences.

MOM ^{ster}®

This question comes from our social network, Momster.com. Log on to join or start a discussion, and your comments could be chosen for a future Ask Rosalind.

My 16-year-old son was dumped by his "in crowd" friends when he and his girlfriend broke up. Now he's hanging out with guys who smoke pot and drink. He says he doesn't participate. How can I keep these people from bringing my son down?

I want you to take a step back and see his position. He's feeling lonely and rejected. His girlfriend is gone from his life, and his friends chose her over him. Your son wants a group to hang out with. Anybody would in his place. So remind him of your expectations regarding his behavior, then tell him that he has the right to spend time with whomever he wants but that if he runs into difficulties (here's where you should define what trouble looks like to you), he must talk to you or to another adult you both trust. I haven't even addressed the assumption you made about his former crowd not drinking or doing drugs. Suffice it to say I'd ask your son about that first before being so certain about which kids are a bad influence. You may find that the original group stepped outside the lines just as much as the current one does, but just hid it from their parents better.

Rosalind Wiseman is an educator and the author of *Queen Bees and Wannabes*. She regularly works with kids, parents and schools on peer pressure, bullying prevention and media literacy. For more information about her programs and publications, go to rosalindwiseman.com.



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**RICKI SYUFY, 44, AND
PAULA BERITZHOF, 51**
Hometown → San Rafael, California

Ricki Syufy and Paula Beritzhoff aren't your typical movers. But it's not just their petite stature that sets them apart—it's their customers. The two friends have brought approximately 1,200 items to 200 needy families. "Many of these kids are eating and sleeping on the floor," Ricki says. "Making a home for them is the most rewarding thing."

Ricki, Paula and their kids—five boys between them, ranging from ages 11 to 16—were volunteering at a shelter in 2005 when they noticed substandard furnishings like blankets hanging in windows instead of curtains and dangling lightbulbs in lieu of lamps. They transformed the shelter into a comfy house, but when the families moved on to their own place, they couldn't take any of the furnishings with them. So Ricki and Paula founded Project Home Sweet Home (PHSH) in October 2006, a nonprofit that provides formerly homeless families with basic furniture, including beds, kitchen tables, chairs and lamps. They find the recipients through referrals by local agencies, such as social workers and housing services for the needy. "We wanted to do this for the kids because if your home is comfortable, there's a greater chance you'll have

more confidence to succeed in school and beyond," says Paula.

Ricki and Paula used financial donations from supporters and friends to purchase a van, and new mattresses and linens for each family. Word of mouth spread quickly and people began donating their used furniture, which is stored in a warehouse space provided by their town. "People who give things to us are so happy knowing it's going directly to someone who needs it," Ricki says. "Then we deliver to a family who is delighted to get it too, so it's a win-win."

The team dedicates two full days a week to PHSH. Ricki and Paula visit each recipient's home to check out what is needed, then do the deliveries themselves. Their sons also pitch in when they're off from school. "It's important for our kids to have a sense of responsibility to our community and to those who have less than we do," Ricki says.

PHSH is the only organization of its kind in their area, so Ricki and Paula plan to grow and serve more families. "PHSH is so fulfilling because we know we're making a difference," Ricki says. "We have a lot of fun driving in the van and moving furniture together, so it's a blessing all around." ●

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TESTING THE LIMITS

In schools across the country, teens are challenging the decision-makers on free speech and privacy, drug searches and dress codes. Learn how to teach your kids a healthy respect for rules—and help them understand their rights and responsibilities.

By Richard Laliberte

ILLUSTRATIONS BY JOHN RITTER

avery Doninger of Burlington, Connecticut, hadn't been in trouble since the first grade, when she was scolded for blowing a straw wrapper across the room. So Avery's mom, Lauren Doninger, was shocked when the 16-year-old came home from high school one day and told her that the principal had summoned her to his office, demanding that she resign as junior class secretary and withdraw her bid to run again the following year. The reason: Three weeks earlier, after the administration canceled a battle-of-the-bands event she'd helped organize, Avery posted a blog entry from her home computer, griping about "the douchebags in the central office." She apologized in writing for her disrespectful language but refused to step down. "I'd always been involved in student government and was secretary for three years," she says. "Having a leadership role was really important to me." Lauren met with school

officials, hoping to persuade them to impose an alternative punishment, but they didn't budge. Nor did the Doningers, who filed an injunction in federal district court and, when that failed, took their case to the U.S. circuit court. They lost again, but have appealed and are awaiting a decision. "This isn't just about them not allowing me to hold office," says Avery, now a 20-year-old college student. "It's about standing up for free speech."

In similar cases nationwide students are going head-to-head with the powers that be, protesting policies and practices that they say violate their rights—drug-sniffing dogs and body searches, limits on what they can post online or write in the school paper, dress codes that curb freedom of expression. At times it does seem that schools go overboard: Many, for example, have even banned hugs, handshakes and high-fives in an effort to create a harassment-free environment. But admin-



istrators and their supporters argue that zero-tolerance restrictions are needed to maintain order. "They keep adolescents safe," says Tom Jacobs, a retired Arizona Superior Court judge who writes about teens and the law at AskTheJudge.info. "Minors have the same basic privileges as adults, but schools have the added obligation of protecting their students."

Moms and dads have a role to play, but it can be a tricky balancing act. We want to instill respect for authority but also recognize that when our children fight back against unfair treatment, it's a

lice roam hallways with drug-sniffing dogs, and security guards rifle through lockers for weapons or drugs. "All of this can make students feel like criminals, even when they haven't done anything wrong," says Bradley. And sometimes schools go too far. The Supreme Court recently ruled that officials at a Safford, Arizona, high school violated a 13-year-old girl's rights when they strip-searched her based on another student's false tip that she had stashed ibuprofen pills in her clothes. But generally speaking, courts have given schools broad leeway, allowing

tion of Secondary School Principals. "It's their responsibility to notify you and explain what happened. You want to be sure nothing improper occurred."

→ PRIVATE LIVES

Teens consider cyberspace their turf—a private, no-holds-barred arena where they can say and do what they want. So they're shocked to find that blogs and social network posts meant for their friends can get them into trouble at school. In Pembroke Pines, Florida, a principal recently suspended a teen who set up a Facebook page where friends could heap abuse on an English teacher. Two years ago in Eden Prairie, Minnesota, athletes were banned from playing for several weeks when administrators got wind of Facebook photos showing the kids drinking at a party. The Internet isn't the only place where schools might pry. At Monarch High in Boulder, Colorado, officials confiscated student cell phones and read their text messages, then transcribed them and put them into their files. When the families sued, the school settled and promised not to view texts—unless there was parental permission.

The courts are divided on what boundaries administrators can cross. In Pennsylvania, judges recently issued opposite rulings in two cases—one said a middle school could discipline a girl for mocking her principal on MySpace, while another found that a similar parody was protected by the Constitution. Clearly, though, the presumption that schools can't punish off-campus behavior is breaking down. "Kids think the Internet is a legal-free zone, and it's not," says David Hudson, a scholar at Vanderbilt University's First Amendment Center. "If you call the principal a sex offender on your blog and it's false, that's defamation, and you can be charged with a crime."

LESSON PLAN / You've told your child before, and you've got to say it again: Anything she puts on the Internet is public—"like a huge billboard with her name on it," says Susan Epstein, a family therapist and founder of Parentingpowers.com. Kids can't assume that teachers won't see insulting remarks, party scenes or provocative pictures posted online or



milestone of maturity. "Most kids know they need rules and will follow them if those rules are reasonable," says Michael J. Bradley, Ed.D., a psychologist and author of *When Things Get Crazy with Your Teen* (McGraw-Hill). "Saying no, asking why and demanding justice are important ways to assert autonomy, which is what adolescence is all about." Read on for a roundup of the battleground issues, and ways to turn them into teachable moments for your teens.

→ SUSPICIOUS MINDS

Call it a study in contradiction. Our kids learn how the Fourth Amendment protects Americans from unreasonable searches, but they're subjected to them once they step outside the classroom. Po-

them to check lockers, purses and bookbags if they suspect a violation. "A warrant isn't required to search students," says Jacobs. "Schools need only to think kids are up to no good based on something they've seen or heard."

LESSON PLAN / Explain to your teen that most searches are legal. Request a copy of the school's discipline policy (or find it on the school's website), and go over it together so you'll know he understands the rules and consequences, especially for possessing drugs or weapons. And should he be personally searched, ask him to tell you the details—where, when, how, by whom. Then call school officials and do the same, says Mel Riddile, Ed.D., associate director for high school services at the National Associa-

sent by cell phone; if they make the rounds in the hallways, there's a good chance officials will get wind of them. Athletes may be held to a higher standard, "especially if compromising photos of drinking are found, and they signed a no-alcohol agreement," says Riddile. He also cautions against accessing blogs or social network pages from class computers. "If you use their equipment, that makes it a school issue," he says.

→ OPPOSING OPINIONS

Everyone knows free speech has its limits. According to a Gallup poll, 75% of teens agree they shouldn't include foul language in class assignments. But sparks can fly when schools clamp down on the open exchange of ideas and opinions. Last year in Fallbrook, California, students sued the administration when it refused to let them publish in the school paper an article that criticized an abstinence-only sex education assembly—and won. After the American Civil Liberties Union threatened to take a San Diego school to court for barring a sixth-grader's presentation on gay politician Harvey Milk, officials backed down and let her proceed, with no restrictions.

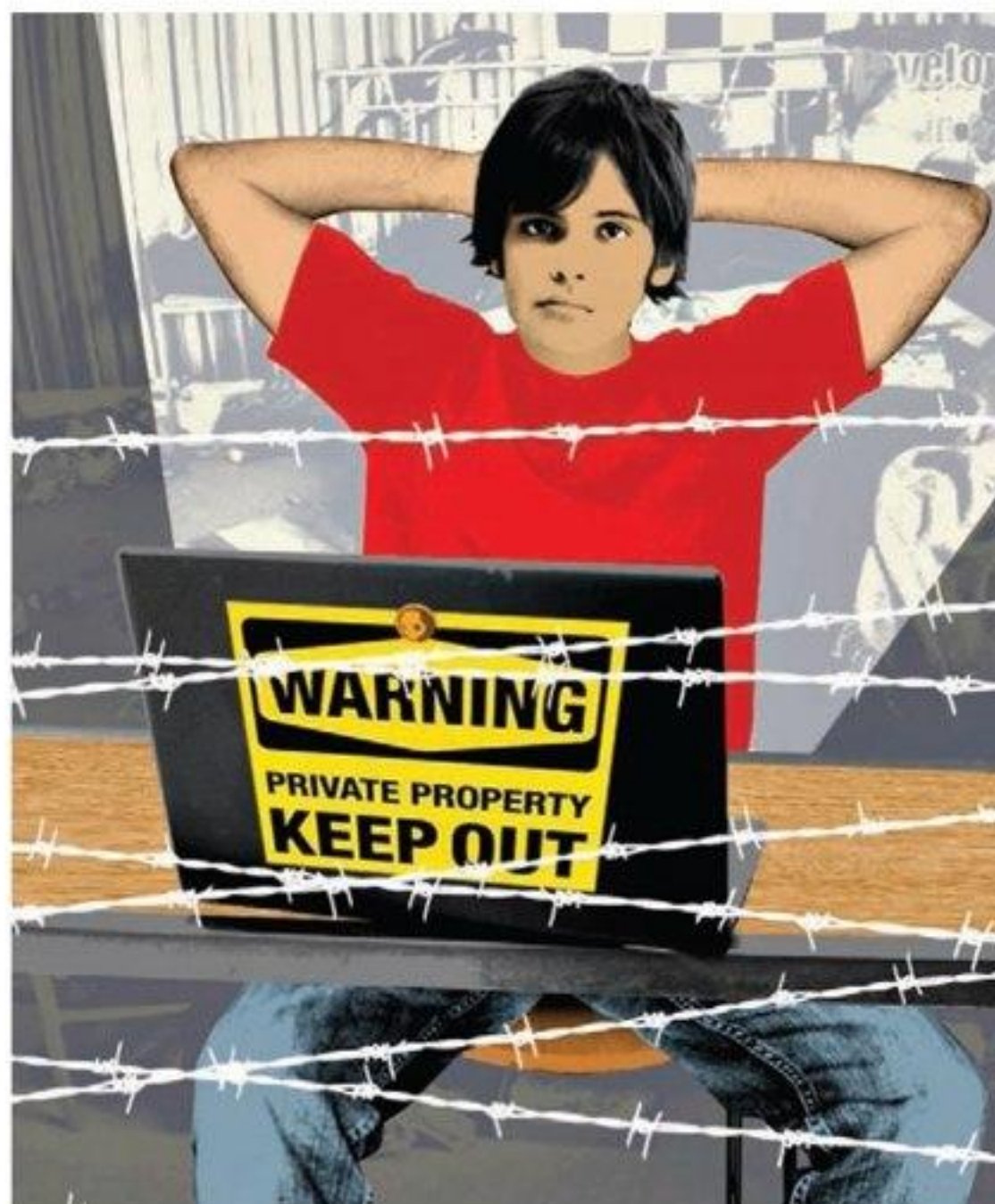
Students don't leave their free speech rights "at the schoolhouse gate," according to the landmark 1969 Supreme Court ruling. But censorship is allowed if what kids say—or how they say it—is disruptive, threatens safety or infringes on the rights of others. "Often kids get into trouble saying things they think are funny," says Jacobs. A Pennsylvania jury awarded a \$500,000 judgment against a middle schooler whose math teacher became distraught when the student, who created a website called TeacherSux.com, morphed her face into Hitler's and jokingly solicited donations for a hit man to kill her.

LESSON PLAN / Preach the importance of civil discourse. "Your child has a right to his opinion, but without being disre-

spectful," says Bradley. Encourage him to think about the impact of his words: Would anyone find them offensive? How would he feel if someone spoke about him like that? Schools are less likely to step in when kids express political or religious views, which are protected by the courts, unless they hurt or condemn others. And if your child is using hate speech, "take action fast," says Bradley. "Make it clear that you and the federal courts find derogatory language unacceptable."

→ STYLE STATEMENTS

At schools across the country, the fashion police are cracking down. An 11th-grader in Indiana was recently sent



home for wearing a top printed with a Bible verse and the slogan "This shirt is illegal in 51 countries." When her mother complained that the administration was unfairly targeting religion, officials bluntly responded that all lettering and words were banned so that they didn't have to decide which messages were inappropriate. In fact, the list of prohibitions just

✕ "If you call the principal a **sex offender** on your blog and it's false, that's defamation, and you can be charged with a crime." ✕ ✕ ✕ ✕ ✕

keeps on growing: head wear, hoodies, jackets in the classroom, provocative outfits that bare any part of the three B's (breasts, bellies and bottoms). Mandatory dress codes—usually solid-color shirts and black, navy or khaki pants—are increasingly common. And many teens are breaking the rules, risking suspension and even arrest. "For kids, this is a declaration of war," says Bradley. "Clothes are about identity, and telling teens what they can't wear is the same as saying they can't be themselves." Officials say that dress codes promote safety and discipline and reduce fighting and violence. According to research by Southern Illinois University, gang-related head wear and jackets were the top two targets of dress restrictions in the majority of schools surveyed.

LESSON PLAN / Your child should obey the policy on gang symbols so she doesn't inadvertently wear something that could cause her harm. "Kids may not be in the know about these trends, but administrators have to be," says Riddile. "When I was principal at a school near Washington, D.C., we even had to ban plastic rosaries because they signified a local gang." Review the school code together so you both know exactly what's allowed. Detailed restrictions may seem excessive, but they tend to be most effective because they leave less room for confusion. And when your daughter complains about losing the freedom to express herself, point out that wearing a halter top or short skirt isn't the same as making a political, philosophical or religious statement worthy of constitutional protection. "Tell her it's a problem if she's calling attention to herself in way that distracts other students," says Epstein. "The bottom line is that schools have to focus on the business of learning." ●



**YOUR SON IS
JUST MOMENTS
AWAY FROM
GETTING HIS
HANDS ON
THAT DIPLOMA**

(And you're in here. Again.)

Maybe today is the day to talk to your doctor about overactive bladder.

If you're fed up with being here in the bathroom instead of out there with your family, ask your doctor if prescription Toviaz® (fesoterodine fumarate) could be right for your overactive bladder symptoms. Toviaz is a once-daily pill that significantly reduces sudden urges and accidents over 24 hours.*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Don't let your bladder keep you from being where you want to be.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

**Results may vary*

The plan can help you manage overactive bladder symptoms:

.....

Did you know that drinking too *little* can make you have the urge to go to the bathroom more often?



Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz.

Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.



Please see Important Product Information on back. For a **FREE TRIAL** offer, visit Toviaz.com or call 1-877-TOVIAZ-9.

IMPORTANT FACTS

Toviaz®
fesoterodine fumarate
extended release tablets 4mg and 8mg

(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- Liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant.
It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to www.Toviaz.com.
- Call 1-877-9-TOVIAZ.

Uninsured? Need help paying for Pfizer medicine? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.

 **helpful answers™**



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FAST MONEY FIXES

You vowed to take charge of your finances this year. With these quick and easy strategies, you'll stick with the program—and boost your bottom line.

BY KELLI B. GRANT
illustrations by alexis rom

5-Minute Moves

- ➔ Sign up for CreditKarma.com or Credit.com's Credit Report Card, two free tools that provide a number range for your credit score (instead of an exact figure). It's a good indicator of how much you need to improve to get the best interest rates on credit cards, a car loan or mortgage.
- ➔ Create a separate e-mail address—at Gmail.com or another free site—solely for shopping online and receiving e-newsletters and other promotional offers. You'll reduce clutter in your primary inbox—and the temptation to click on every sale-mail.
- ➔ See if you're entitled to any of the \$32.8 billion in unclaimed funds being held by state governments. You might be owed money from a forgotten checking account or a mislaid security deposit. Go to Irs.gov (for tax refunds) and to MissingMoney.org and Unclaimed.org (for everything else), and type in your name and all the states where you have lived or worked.

*And you thought
your mom was
overprotective.*



Always Ultra takes leak protection very seriously. It has a LeakGuard core that quickly adjusts to sudden changes in your flow.
No other Ultra absorbs faster. *Have a Happy Period.*



10-Minute Moves

- Compare cell phone and texting plans at Billshrink.com. Upload your most recent bill, and the site will tell you whether your carrier has cheaper plans that meet all your needs. “Most people overbuy,” says Billshrink CEO Schwark Satyavolu. Switching can help you avoid overages and overpaying. Billshrink can also figure out when changing carriers will save you money over the long haul, even after factoring in early-termination fees and penalties. And it’s all free of charge to users.
- Set up automatic transfers from your checking account to a high-yield savings account, such as the ones offered by INGDirect.com or Smarty Pig.com. Put aside at least 5% of your pay and gradually increase to 10%, so you can build an emergency fund.
- Get more from your checking and savings accounts. Use Bankrate.com to find a bank offering higher yields, fewer fees and plenty of locations.
- Switch to a credit card with more favorable terms. CardRatings.com, Credit.com and Billshrink.com offer comparison tools to help you find lower interest rates or better rewards. Like your current card? Ask for a rate reduction. It’s a consumer’s market, and chances are you’ll get a break.
- Make a bookmark list for your web browser of money-saving sites to help you snag the best deals when shopping online. Include price-comparison engines (like Price Grabber.com or NexTag.com), coupon code sites (RetailMeNot.com, CouponCabin.com), sale trackers

(DealNews.com, ShopItToMe.com) and consumer review and complaint sites (Yelp.com, BBB.org).

15-Minute Moves

- Crunch the numbers on mortgage refinancing. Rates are at historic lows for fixed and adjustable-rate loans, says Keith Gumbinger, vice president at the mortgage-data website HSH.com. Pull out the HUD-1 form from your current mortgage—the fee will be a good indication of what the refi cost will be, he says. Then use a calculator at Bankrate.com or HSH.com to see how many months it’ll take to recoup that—as well as the total amount you’ll save in interest over the life of the loan.
- If you rent your home, try to pay less. Over a third of landlords lowered leases this year, says Rent.com President Peggy Abkemeier-Alford. “There are real costs to bringing in new tenants, and property owners would rather avoid that,” she says. Check Rentometer.com as well as local listings for current prices, which you can use as a starting point, and then call the landlord with your request.
- Thwart errors and identity thieves by ordering a free credit report from TransUnion, Experian or Equifax at AnnualCreditReport.com. Being familiar with each document can help you detect fraud early on. Gerri Detweiler, an adviser for Credit.com, suggests requesting all three, since the bureaus don’t share information, and it’s the best way to spot problems. When the reports arrive, do a line-by-line review of each.
- Prioritize what you owe. David Bach, author of *Debt-Free for Life* (Crown Business), recommends making a list of all your creditors and how much you owe them. Then divide each loan balance by its minimum monthly payment to see how long it will take to eliminate the debt. Allot as much extra money as possible to the creditor you owe the least, while paying the minimum to the others. “That way you’ll actually see progress,” says Bach. “And that will encourage you to keep going.” ●

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a little
protection
every
day.*



With Always Dri-Liners, you’re covered. Our best-absorbing liner has a LeakGuard core that helps you feel clean.

LOOKING FOR A NEW WAY TO CHILL OUT THIS SEASON? WE'VE ROUNDED UP THE BEST SPOTS FOR WINTER SPORTS—WHETHER YOUR FAMILY IS LOOKING FOR A DARING MOUNTAIN ADVENTURE OR AN EASY WALK IN THE WOODS.

SNOW DAY!

BY DIANE BAIR AND PAMELA WRIGHT



SKIING

There's no denying the high-energy thrill of hitting the slopes, but between skis, boots and poles—not to mention lift passes—the sport can get expensive. (Rental packages start at \$23 for kids, \$25 for adults; lift tickets from \$35 for kids, \$50 for adults.) Luckily there are plenty of ways to keep a day on the mountain fun and affordable.

- ❄ Purchase half-day lift tickets at reduced prices. (An afternoon may be plenty of ski time for your family.) Spend the other half of the day taking a sleigh ride, ice skating or visiting other area attractions.
- ❄ Consider smaller resorts, which are typically less expensive.
- ❄ Go late in the ski season, when resorts slash prices—sometimes by as much as 50%.
- ❄ Visit resort websites for midweek specials, ski-free days and discounts for reserving equipment online (which can also save your family time).

HOT SPOTS

- » **WHISTLER BLACKCOMB, BC** Host of the 2010 Winter Olympics, this mountain averages 403 inches of snow a year (whistlerblackcomb.com).
- » **PARK CITY, UT** Only 30 miles from the Salt Lake City airport, Park City's convenience is key. You might be able to wake up in your home state and be on the mountain by noon. And the Quick Start program offers a free same-day lift ticket when you present your airline boarding pass and online voucher (parkcityinfo.com).
- » **WHITE MOUNTAINS, NH** Talk about variety: There are eight great resorts within driving distance of one another (visitwhitemountains.com).

SNOWBOARDING

The subculture of snowboarding makes it especially appealing to tweens and teens—trendy clothes and cool music are as essential to the vibe as high-flying aerial tricks. And some people say it's easier to learn to snowboard than to ski. Renting the gear will run you about \$20 for kids and \$30 for adults, and you'll also need lift tickets (see prices in "Skiing," above). Consider these tips to keep costs down:

- ❄ Ask about free beginner lessons and rentals for first-timers (resorts want to get kids hooked).
- ❄ Check out sports shops in your town or on your way to the mountain. They tend to offer better rental prices than the

(continued)

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

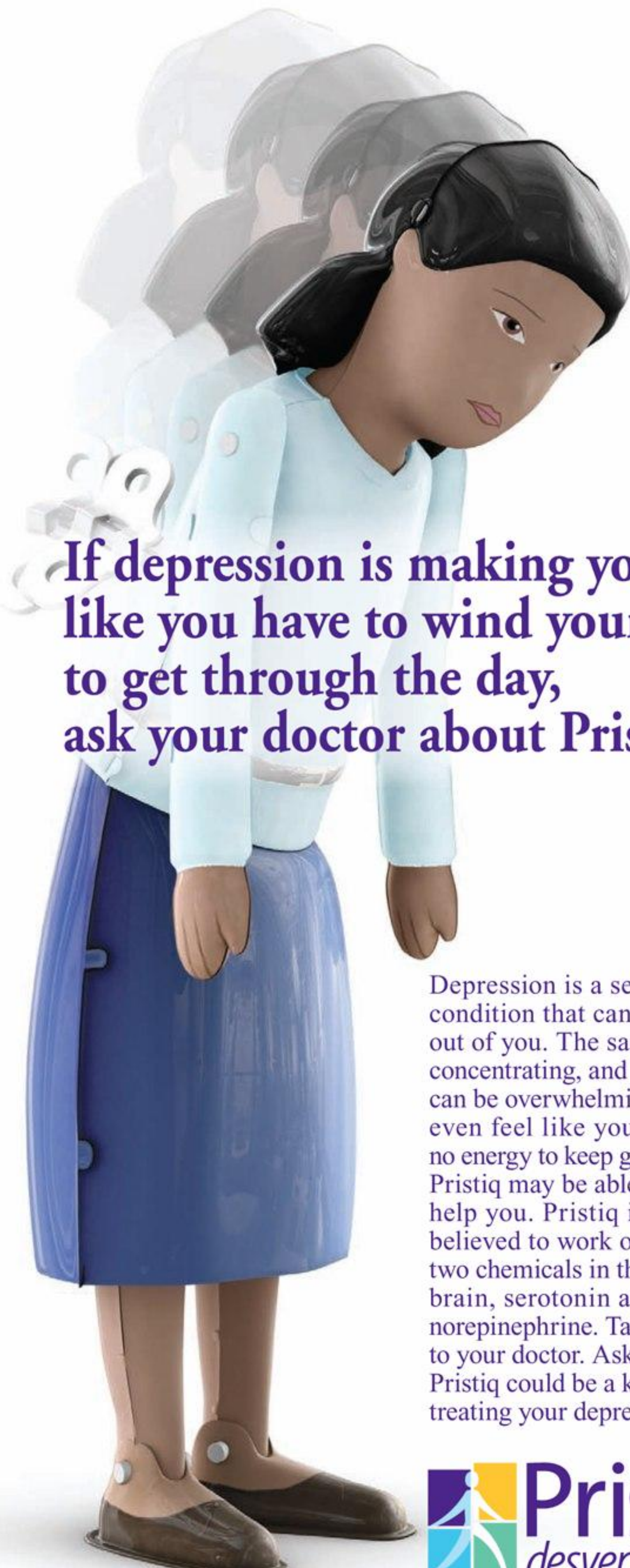
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant


Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



 **Pristiq®**
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT



Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?

Pfizer has programs that can help. Call 1-866-706-2400

helpful
answers



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Feeling off? Nip flu-like symptoms in the bud with Oscilloccinum®. Supported by clinical studies, Oscillo® works safely and naturally without causing side effects like drowsiness, and it won't interact with other medications. Get Oscillo and feel like yourself again. Visit www.oscillo.com for a \$2 coupon.



www.oscillo.com

• Farmers Insurance

At the University of Farmers®, agents from your local area become emissaries of excellence, ready to help you save money on insurance that can be tailored to meet your needs.



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farmers.com

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See your room in 3D. Quickly and easily bring your dream rooms to life with our new 3D room planner. Customize La-Z-Boy furniture styles and fabrics, change the room shape, add windows, doors, flooring, paint colors. Do it all in virtual reality.



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**BY GIVING JUST A FEW HOURS OF MY DAY, I HELP CHILDREN
PREPARE FOR A LIFETIME OF LEARNING**

BECAUSE I DON'T JUST WEAR THE SHIRT, I LIVE IT. GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED™

Ad Council Ruth Rusie is part of United Way's ongoing work to improve the education, income, and health of our communities. To find out how you can help create opportunities for a better life for all, visit LIVEUNITED.ORG.

United Way 

A GOOD TIME STARTS WITH GREAT GEAR.

OUR KIDS' SNOW CLOTHING
AND GEAR GUARANTEE
COMFORTABLE FUN.

FIND OUT.



resorts—and may even throw in discounted lift tickets to nearby destinations.

❄ Shop around before your vacation starts. Local entertainment books as well as snowboarding magazines like *Transworld Snowboarding* and *Snowboarder* sometimes offer deals and coupons.

HOT SPOTS

» **LAKE TAHOE, CA** A mecca for snowboarders, this area has seven shredder-friendly resorts, 300 days of sunshine and a slew of off-slope activities (skilaketahoe.com).

» **BURLINGTON, VT** Base yourself in this lively town and you can choose from 15 terrain parks and countless rails, bumps, jumps and banks at five nearby resorts (vermont.org).

» **SUMMIT COUNTY, CO** Less than two hours from Denver, four resorts are conveniently located—and top-notch (summitchamber.org).

SNOWSHOEING //////////////////////////////////////

Other than snowshoes, which are inexpensive to rent, this sport doesn't require special talent or equipment. (Rentals start at \$15/day.) One of the fastest-growing winter activities, snowshoeing is appropriate for all ages and fitness levels. And you don't have to travel to a mountain to do it—families can partake wherever there's snow. Get your exercise at a nearby park or nature preserve, or head out on a guided trip or moonlit trek.

HOT SPOTS

» **QUEBEC CITY, QC** Home to the only Ice Hotel in North America and the largest winter carnival in the world, this city embraces the cold season. It has also become one of the top snowshoeing destinations in North America, with a vast network of trails and dozens of snowshoeing centers just minutes from the city (quebecregion.com).

» **SLEEPING BEAR DUNES, MI** Snowshoeing families are treated to vistas of Lake Michigan on ranger-led hikes through snow-dusted dunes (nps.gov/slbe).

» **MOUNT RAINIER NATIONAL PARK, WA** More than 16 winter trails pass by icy waterfalls and alpine lakes—all with panoramic mountain views (nps.gov/mora).

DOGSLEDDING //////////////////////////////////////

Take a seat in an open sled pulled by a team of dogs—sometimes as many as 12. Typically the trainer will drive the animals, pulling harnesses and giving commands as families enjoy the paw-powered journey through snowfields. (One-hour rides start at \$30 for kids and \$75 for adults; half-day from \$75 for kids and \$125 for adults.) Research local clubs, where dogsledders are usually happy to give free rides. Find listings and events at sleddogcentral.com/clubs_usa.htm).

HOT SPOTS

» **YELLOWSTONE NATIONAL PARK, WY** Sleds rush past geysers and hot springs, across vast fields and beyond mountain ridgelines (wyomingtourism.org).

» **CASCADE MOUNTAINS, OR** The forests of the southern Cascades boast alpine lakes, frosty streams and frozen waterfalls (southernoregon.org).

» **ELY, MN** Dubbed the "Sled Dog Capital of the U.S.," Ely borders the vast Boundary Waters Canoe Area Wilderness (ely.org).

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For fast, long-lasting relief, deflate mucus.

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TUBING

No experience necessary—just sit in a large inner tube made for the snow and fill your lungs with exhilarating fresh air as you slide down the hillside. (Three- to five-hour passes range from \$22 to \$48.) Look for a place with lifts so you don't have to carry the tubes back up the hill.

HOT SPOTS

» **AMESBURY SPORTS PARK, MA** Home to the steepest tube trail in New England, this spot has three lifts to take you up the hill and plenty of ways to get down (amesburysportspark.net).

» **COLORADO ADVENTURE PARK** (70 miles from Denver). In addition to tubing and sledding, kids can try airboarding, a new craze that involves a speedy, facedown ride on a specially designed, inflatable bodyboard (coloradoadventurepark.com/index.cfm).

» **WINTERPLACE SKI RESORT, WV** The largest snow tubing area in the state, with 16 lanes and 5 lifts (winterplace.com).

SNOWMOBILING

Hop on a snowmobile and get surrounded by pristine backcountry—think giant snowfields and dense forests—inaccessible by foot or by car. Minimum age requirements vary with outfitters and trips, but most require operators to have a valid driver's license (minimum age for drivers ranges from 16 to 21 years; minimum age for passengers from 6 to 12). Today's machines have easy-to-operate speed controls and hand brakes. Go on a guided trip that stays on designated trails but stops for sightseeing, picture-taking or a picnic. The company should provide safety and operating instructions, along with gloves, helmets and goggles. Prices for a one- to two-hour guided ride on a two-passenger machine are about \$120 to \$150.

HOT SPOTS

» **EAGLE RIVER, WI** Designated "Snowmobile Capital of the World," the area has more than 500 miles of groomed trails (eagleriver.org).

» **OLD FORGE, NY** This Adirondack community opens its streets and vast system of paths to thousands of snowmobilers each winter. Start here to connect with all major trails in central and upstate New York (oldforge.ny.com).

» **MAINE** The sprawling statewide system has grown to more than 12,000 miles of trails, 280 local clubs and hundreds of outfitters (visitmaine.com).

PLAY IT SAFE

- ❄ Dress in synthetic layers and wear goggles.
- ❄ Wear a helmet to prevent/reduce head injuries.
- ❄ Use sunscreen as well as lip balm.
- ❄ Drink plenty of fluids in high altitudes.
- ❄ Have children and adults carry whistles or GPS tracking devices.
- ❄ Write your cell number and an emergency contact on your children's lift tickets.
- ❄ Visit snowlink.com, wintertrails.org and winterfeelsgood.com for more tips.



JANUARY IS "LEARN TO SKI AND SNOWBOARD" MONTH. MORE THAN 32 STATES AND 300 RESORTS ARE OFFERING SPECIAL PACKAGES AND SKI-FREE DAYS (SKIANDSNOWBOARDMONTH.ORG).

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long-lasting relief,
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Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure

- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary on following pages.

For treatment of adults with moderate to severe Rheumatoid Arthritis

Cimzia. RA relief that can help you get a **better grip** on life.



Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Pre-filled syringe designed for ease and comfort in partnership with **OXO** **GOOD GRIPS**

Please read the Important Safety Information on the adjacent page.



cimzia[®]
(certolizumab pegol)

Visit cimzia.com/RA
Call 1-877-793-6410

Consumer Brief Summary for Cimzia®

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

Cimzia®
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section “What are the possible side effects of CIMZIA?” for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn’s disease (CD) in adults who have not been helped enough by usual treatments.

- Treat moderately to severely active rheumatoid arthritis (RA). It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection.** (See, “What is the most important information I should know about CIMZIA?”)
- **have or have had any type of cancer.**
- **have congestive heart failure.**
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis.**
- **are scheduled to receive a vaccine.** Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA.** See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section “**Patient Instructions for Use**” at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See “**What is the most important information I should know about CIMZIA?**”

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

Getting a **better grip** on RA can start with this syringe.

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
- tiredness (fatigue)
- poor appetite
- fever, skin rash, or joint pain
- **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis.** Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions.** Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:

UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080 U.S. License No 1736



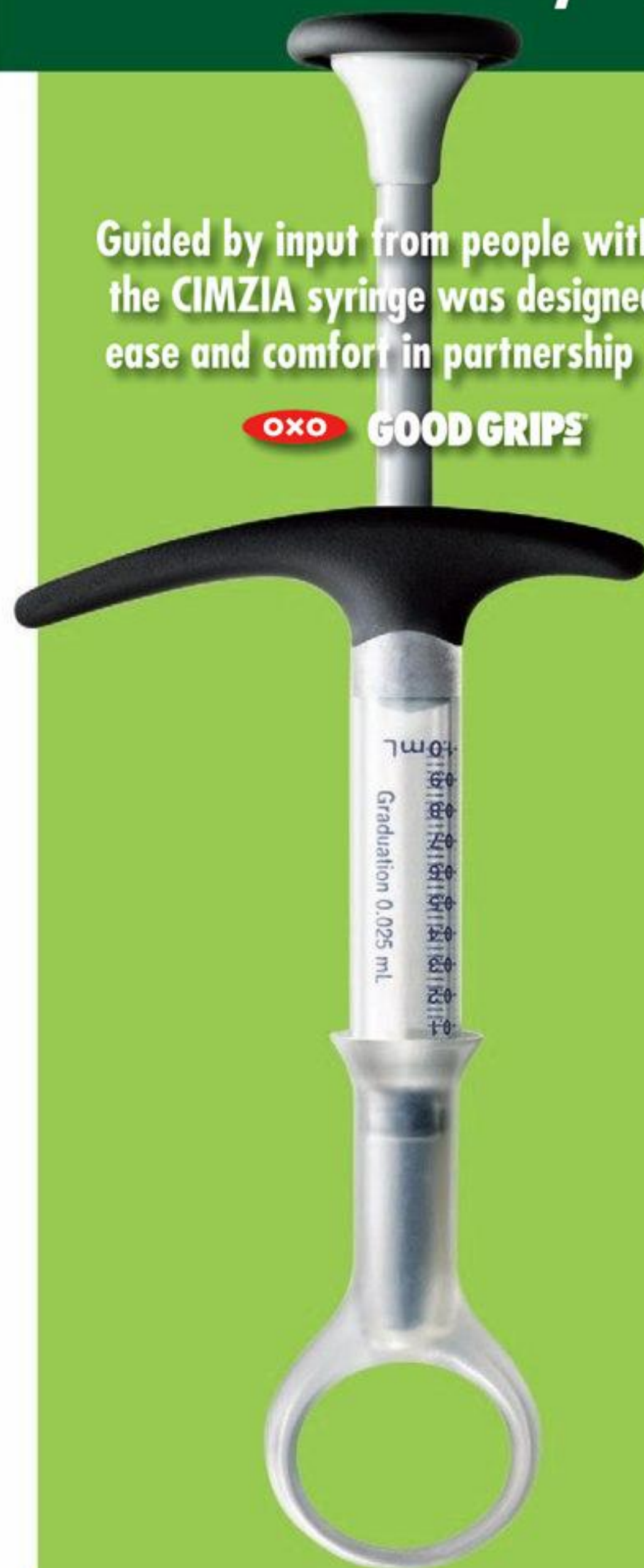
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Guided by input from people with RA,
the CIMZIA syringe was designed for
ease and comfort in partnership with

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**You may save up to \$500 on each CIMZIA
prescription if you qualify. Go to cimzia.com/RA**


cimzia®
(certolizumab pegol)

For moderate to severe RA adults.

Anaphylaxis or serious allergic reactions may occur.
Hypersensitivity reactions have been reported rarely
following CIMZIA administration.

Please see Brief Summary on previous page.

Weatherproof Your Pet

Protect your animal during the cold winter months with these timely tips.

By Krista Meyerhoff

Winter Worry: Hypothermia

→ **Dangerous Details:** As soon as a dog's or cat's body temp falls below 101 degrees, she'll shiver and show signs of lethargy and weakness. You must treat immediately to avoid coma, or heart and kidney problems.

Stay Safe: Dogs with heavy fur can handle any kind of weather, but be sure short-haired and elderly dogs wear a coat or sweater when it's below freezing.



FC Fact

Pets should never be left alone in a car. In the wintertime, cold air can become trapped and put an animal at risk of freezing.

The amount of time your pet can spend in frigid weather depends on age, breed and health, so ask your vet for specifics. If she's shivering, take her indoors and wrap her in a warm, dry blanket. Call your veterinarian if it doesn't subside after 30 minutes.

Winter Worry: Antifreeze

→ **Dangerous Details:** Animals like the sweet smell and taste of ethylene glycol, an ingredient in antifreeze. But drinking even a small amount can cause fatal

kidney damage. Vomiting, lack of coordination, seizures and thirst are signs of exposure.

Stay Safe: Stow containers on a high shelf out of your pet's reach, and discard bottles that are cracked or leaking. Clean spills thoroughly with soap and water. If you think your pet has ingested dangerous chemicals, take him to the vet ASAP.

Winter Worry: Snow removal chemicals and salts

→ **Dangerous Details:** Dogs who play outside might lick de-icing salts on the sidewalk or street; some contain chemicals that can lead to vomiting, lethargy and loss of appetite. Salt also sticks to pets' footpads, which can cause painful cuts.

Stay Safe: Avoid using traditional de-icers on your driveway; instead get a nontoxic alternative like Safe Paw Ice Melter (amazon.com, \$20). After your pet has been outside, clean her paws with warm, soapy water.

Winter Worry: Shelter

→ **Dangerous Details:** Cats and short-haired dogs should spend a limited amount of time outside during the winter, while some large, long-haired breeds like German shepherds, St. Bernards and huskies can live outdoors year-round. Still, the cold can take a toll if animals don't have a warm place to escape to.



Thermal Insulation

Pets need extra calories during the winter months to stay warm, especially if they spend time running around outside. When animals don't eat enough, they move slowly, tire quickly and drop weight, which can lead to a weakened immune system and illness. Talk to your veterinarian to make sure your pet is getting enough exercise and eating the correct amount of food for his age, weight and activity level.

Stay Safe: Insulate your pup's house with padding or straw, and cover the doorway with a weatherproof flap. The shelter should be small—just big enough for him to stand, lie down and turn around—so it holds his body heat. Raise the doghouse a few inches off the ground to prevent moisture caused by rain and snow from seeping inside. When it's

freezing and there's wind chill, bring him into your home. If your pet stays indoors, make sure he sleeps in a warm, draft-free area.

Winter Worry: Frostbite

→ **Dangerous Details:** When your pet is exposed to frigid temps, blood flows to her center to keep her warm, which can result in tissue damage to the extremities—ears, footpads, the tip of the tail. The skin becomes white, cool to the touch and soft or rubbery, then turns black.

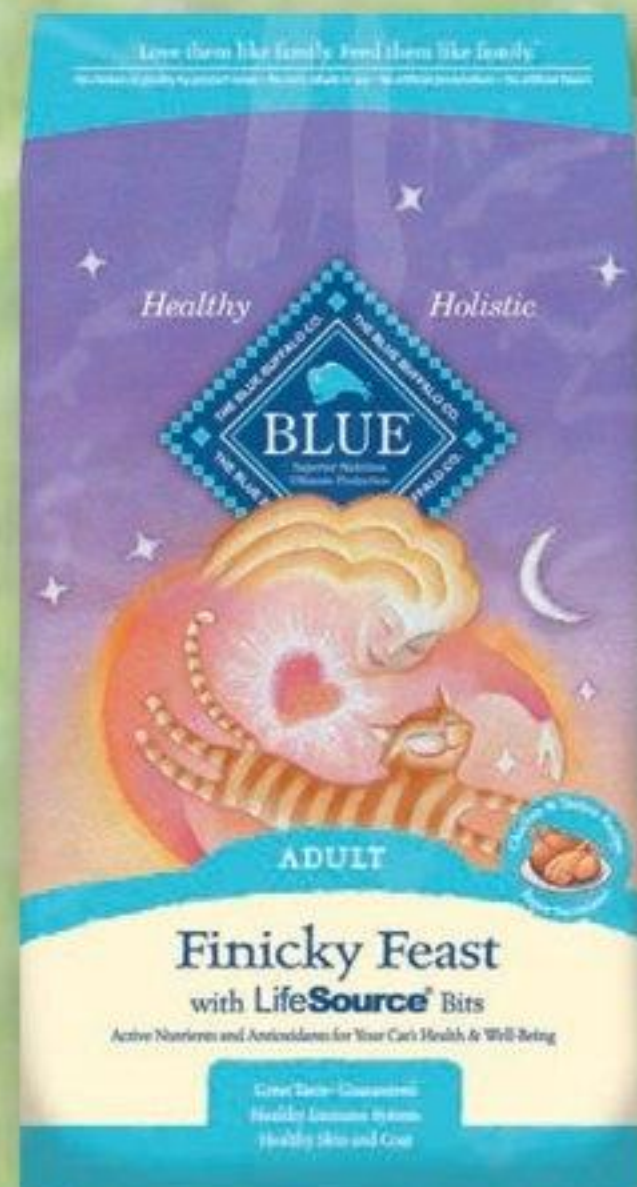
Stay Safe: To protect your pet, don't let her be out in the cold longer than you would stay out. If you suspect frostbite, press a tepid—not hot—towel on the affected area for at least 20 minutes or until thawed. Blisters and blackened skin are signs that you should visit your veterinarian, so always check your pet if she's been outdoors for a few hours.

Source: Camille DeClementi, senior director of knowledge management at ASPCA Animal Poison Control Center

"I didn't want my baby eating chicken by-product meal. That's why I switched her to BLUE."

Is your big name cat food fooling you? You probably didn't know that many well-known cat foods contain things like chicken by-product meal and corn gluten. BLUE, on the other hand, uses only the finest ingredients. Real meat is always first, followed by whole grains, veggies and fruit. And BLUE contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals.

Your cat can enjoy all of this **naturally healthy goodness for only pennies a day more.**



How Does Your Brand Compare to BLUE?

	BLUE	Your Cat's Food
Deboned Chicken or Salmon is the FIRST Ingredient	✓	?
Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

*Fortified with vitamins and minerals.

Compare your cat's food to BLUE™ at
CompareBlueCat.com

Love them like family.
Feed them like family.™





STYLE

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Hit the Metal

Shimmery copper is no penny-ante nail color—unlike a typical metallic, this rich shade combines touches of orange and gold. Choose from major sparkles to a more subtle sheen, depending on your mood and outfit. (Clockwise from top center): Janie Bryant for Naitini Nail Lacquer in French 75; Revlon Metallic Nail Enamel in Copper Penny; OPI Nail Lacquer in Take the Stage; Sally Hansen Complete Salon Manicure in Golden Ticket; Janie Bryant for Naitini Nail Lacquer in Bourbon Satin, OPI Nail Lacquer in Rising Star.

STYLE NEWS

→ BY DORI KATZ



Don't Leaf Me,
\$150

Green Drop
Gold Threaders,
\$110

Champagne
Quartz,
\$150

RAINBOW CONNECTION

Vibrant shades of violet, persimmon and coral are putting their stamp on spring shoes. These irresistible new hues add pop to neutrals and will instantly amp up your warm-weather wardrobe.

Ears to You

Playing a mom of two on hit television series *Gossip Girl* isn't much of a stretch for **Kelly Rutherford**, who has two kids of her own. But being a busy actress and mother doesn't mean she sacrifices style. Rutherford has been spotted wearing gorgeous pieces from Tzen, both on and off the show. We love their collection of delicate, dangly earrings, starting at \$80.

»»»»» EDITOR'S PICK «««««

Go Team



DORI KATZ
associate
beauty & fashion
editor

I'm a native New Englander and rooting for the Patriots comes with the territory—having Tom Brady on the team doesn't hurt, either. Thanks to the new fashion-forward NFL Women's Apparel, I can look stylish and sporty. Can't wait to wear this fitted vintage-style sweatshirt by Reebok, \$70. Add in boyfriend jeans and cute sneaks and it's game time.



Patent Pending
Chinese Laundry, \$59



Plum Perfect
Ugg Australia, \$130



Flower Power
Restricted Footwear, \$65

75%

OF AMERICAN
WOMEN COLOR
THEIR HAIR

HOUSE CALL

At-home hair color saves time and is inexpensive and convenient.

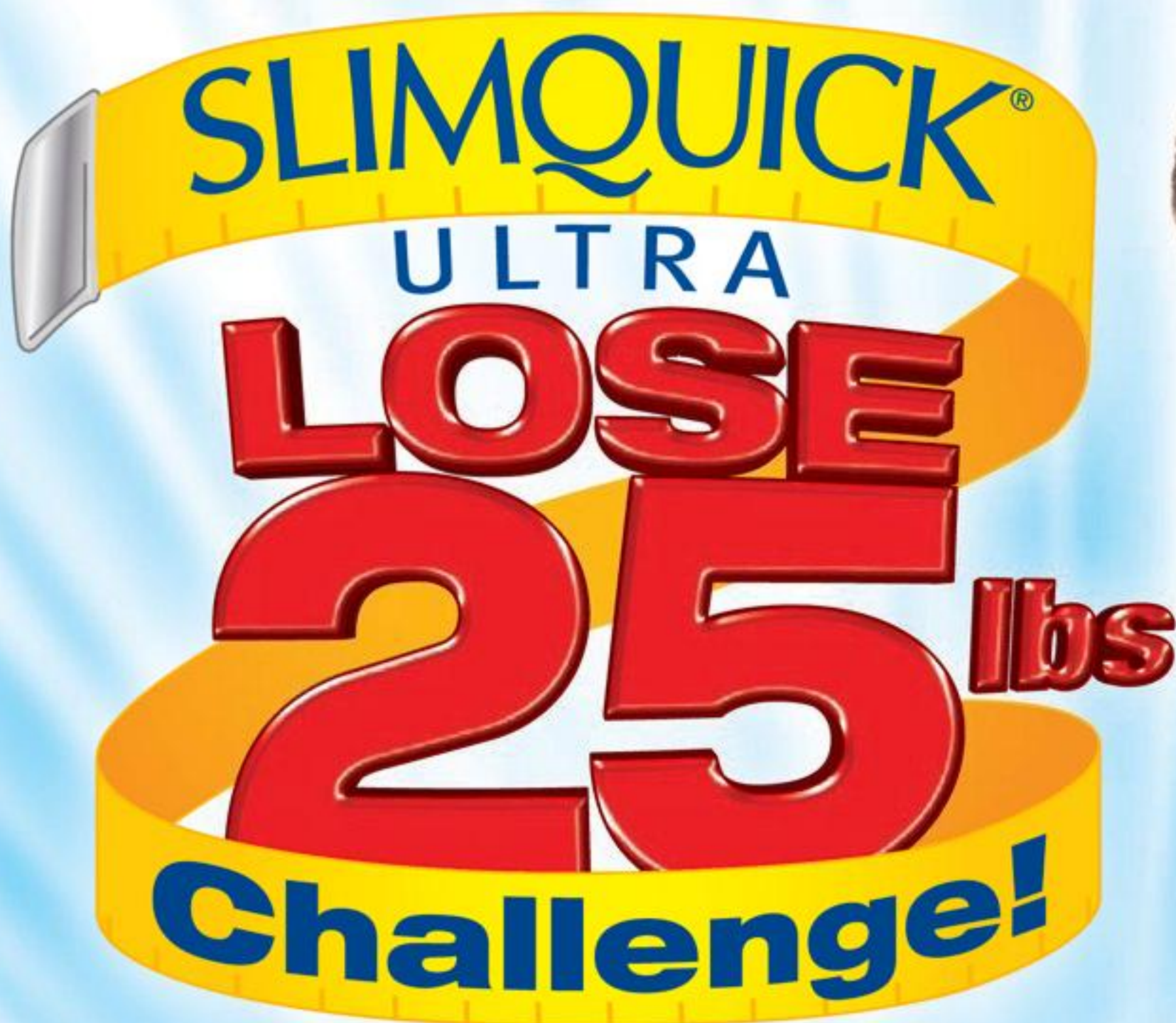
The downside? It can also be messy and difficult to get perfect results. Now Clairol Nice 'n Easy color system is making the DIY process even more user-friendly by upgrading the old liquid formula to a new easy-to-apply foam that stays where you want it. This means no more dripping solutions or dye stains—and a quicker goof-proof experience. **Clairol Nice 'n Easy Color Blend Foam** (available in 18 shades), drugstores, \$9

FamilyCircle.com

See a video on how to apply this brand-new formula at familycircle.com/haircolor



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Take the SLIMQUICK® ULTRA Challenge!

Challenge yourself to lose weight and feel great! SLIMQUICK® ULTRA Fat Burner is designed to address six ways that women lose weight. It contains a clinically researched key ingredient that can help you lose up to 25 lbs with diet.* Go to myslimquick.com where you can check out amazing SLIMQUICK® success stories from women just like you and sign up for the SLIMQUICK® ULTRA Lose 25 lbs Challenge!

Start Losing Weight Today! Sign up at: myslimquick.com



Walgreens

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HOW TO LOOK YOUNGER

If achieving **smoother, firmer, even-toned skin** is on your list of 2011 resolutions, you're in luck. We talked to our panel of **skin care pros** about your **top complexion concerns**. Here's their advice—free of charge.

BY ILANA BLITZER

PHOTOGRAPHY BY SUZA SCALORA

FACE IT

Great skin can be your best accessory, but it takes the right routine—not to mention a ton of info you may not understand. In the Anti-Aging and Skin Challenges Study, a recent survey conducted by *Family Circle*, you told us about your skin care habits. We ran everything by top dermatologists across the country, who said—good news—you sound a whole lot like their own patients. So we did the consultation for you and found out what you need to know to take years off your face.



WRINKLES

WHAT YOU SAID

46% of you ranked them as your number one skin concern—they're not called worry lines for nothing.

WHAT YOU CAN DO

Create A.M. and P.M. routines to treat existing lines and prevent new ones from forming. Every night incorporate a retinoid (a vitamin A cream) or peptide-boosting product into your regimen—both work to stimulate collagen. Prescription-strength retinoids (Retin-A, Renova, Tretinoin) tend to be aggressive. If you have sensitive skin, start by using one every third day, then a couple weeks later, work up to every second day, and so on, suggests Dr. Brandt. Another tip: Begin with a cream formula, which can be gentler on skin than a more concentrated serum, says Dr. Fusco. And wait about 10 minutes after washing your face before applying to give your skin's pH time to return to normal. Using on still-damp skin can increase side effects. An over-the-counter solution: Olay Professional Pro-X Deep Wrinkle Treatment, \$42, which contains a mix of peptides and a mild form of vitamin A.

Once or twice a week exfoliate with a granular scrub, microdermabrasion product or chemical peel to encourage cell turnover. And, of course, to prevent new wrinkles from forming, don't leave home without making sunblock (SPF 30, at least) your last step. A good one will also contain antioxidants—a second line of defense against free radicals, which cause wrinkles. Look for brands with ingredients like green tea, vitamin C, soy extract and polyphenols. It's also important to establish healthy eating habits, like maintaining a low-sugar diet, says Dr. Brandt. Foods high in sugar cause collagen and elastin fibers to become brittle.



SKIN CARE PANEL David E. Bank, M.D.,
Mount Kisco, NY; Fredric Brandt, M.D.,
NYC, and Miami, FL; Francesca Fusco, M.D.,
NYC; Jessica Wu, M.D., Los Angeles, CA





DARK CIRCLES & PUFFINESS

WHAT YOU SAID

These two eye issues are tied for the second-biggest skin concern.

WHAT YOU CAN DO

Although they're of equal importance to you—and both involve the delicate skin surrounding the eyes—they're actually very different problems. Dark circles are caused by thinning skin, which makes blood vessels below the surface more noticeable. Try an eye cream with caffeine, an ingredient that diminishes darkness (we like Garnier Skin Renew Anti-Puff Eye Roller, \$13). Products with peptides and retinol can help thicken the skin, ultimately making dark circles less visible. Battling bags? Use an anti-inflammatory cream with ingredients like green tea and polyphenols. Derms suggest storing these eye creams in the refrigerator—they'll feel extra soothing, and the cold adds to the tightening effect. Also, stick to a low-salt diet and try sleeping with your head elevated—it decreases circulation to that area, so fluid is less likely to accumulate below eyes.

BROWN SPOTS

WHAT YOU SAID

These are an issue for nearly a third of our readers. (If you think you're in the clear on discoloration, check the back of your hands—spots can pop up there too.)

WHAT YOU CAN DO

Many people find their first brown spot on their upper left cheek—it's from all the sun exposure you take in while driving, says Dr. Fusco. That's why it's so vital to stay vigilant about sunscreen—and not just on your face. Spots also appear on the hands, which usually go unprotected from UV rays. During the day slather on an SPF-enriched moisturizer. Stash sample sunscreen tubes in your purse and the glove compartment of your car, so you can reapply on the go (when most damage occurs). Whenever you see a spot, address it immediately—others are likely close behind. To diminish, try creams that use kojic acid or soy extract (we like Aveeno Positively Radiant Daily Moisturizer SPF 30, \$16). Products with antioxidants like vitamins A and C also help. Using an OTC peel once a week on the face and back of hands sheds the outer layer of dead skin cells, making age spots less pronounced.

ACNE

WHAT YOU SAID

It's true that acne isn't just for tweens and teens—49% of you battle it alongside other skin problems.

WHAT YOU CAN DO

Fortunately, an anti-aging regimen won't interfere with an adult acne plan. The original approval of Retin-A was for acne, so using a retinoid will help with both issues. You also want to decrease inflammation, which is usually caused by fluctuating hormones, so look for products that are anti-inflammatory as well as antibacterial. To avoid excessive dryness, try something that contains sulfur as opposed to benzoyl peroxide or salicylic acid; Ren Anti-Acne Treatment Mask, \$45, works well. Another doc-approved favorite: La Roche-Posay Effaclar Toner, \$21—it contains a kinder, gentler form of salicylic acid. Steer clear of dairy foods when you have a breakout—they can aggravate an acne attack.

(Opposite page): Ring, Lena Skadegard, fragments.com

YOUR BEAUTY ROUTINE

WHAT YOU SAID

70% of you remain loyal to a product you like.

WHAT YOU CAN DO

Keep it up! The amount of time it takes for a product to start working varies—but don't expect to see changes overnight. You may have to use something consistently for six to eight weeks before noticing improvement, says Dr. Bank. Have your husband or a friend take pictures of you in the same light, so you can better judge if a product is helping, suggests Dr. Wu. Remember, it's more effective to stay with one product for a longer period of time than to switch from one to the next.



DRY SKIN

WHAT YOU SAID

75% of you moisturize once or twice a day.

WHAT YOU CAN DO

Moisturizing helps maintain your skin's health and allows cells to function at their max, says Dr. Bank. When adequately hydrated, your skin is glowing and radiant, plus it's plumped up, which—bonus—also helps minimize the appearance of lines. When skin is dehydrated, lines are even more pronounced. Another benefit of using lotion: The simple act of moisturizing can fight free radicals (by decreasing stress on skin caused by dehydration). The most important thing you can do is know your skin's needs. If yours feels oily within a half hour of washing, you may not need a moisturizer—just sunscreen and eye cream, says Dr. Wu. But most of us benefit from additional hydration. Oil-prone? Try an oil-free serum—these are light and water-based, so they're less likely to clog pores. Normal or combination skin types can use a lotion or cream depending on how dry you are (consider upgrading to something heavier in the winter when skin is drier than usual). If skin is parched or sensitive, apply a thick, occlusive moisturizer to prevent water from evaporating. Look for something with humectants and ceramides, such as CeraVe Moisturizing Cream, \$15.



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25% less water than the
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to leave your skin
soft and smooth.



GET BACK TO BASICS

It's a new year and time to update your look. But before trying the latest makeup and fashion trends, start with the basics—your skin.



The fact is, gorgeous skin is always on-trend and can be your standout feature without spending a lot of money.

When beginning a new skin care regimen, start with your eyes. Tired eyes can add years to your appearance. **Regenerist Anti-aging Eye Roller's** hydrating formula with caffeine-conditioning complex perks up the look of tired eyes on contact. Massage, de-puff*, and reduce the appearance of fine lines and wrinkles in 1 simple step.



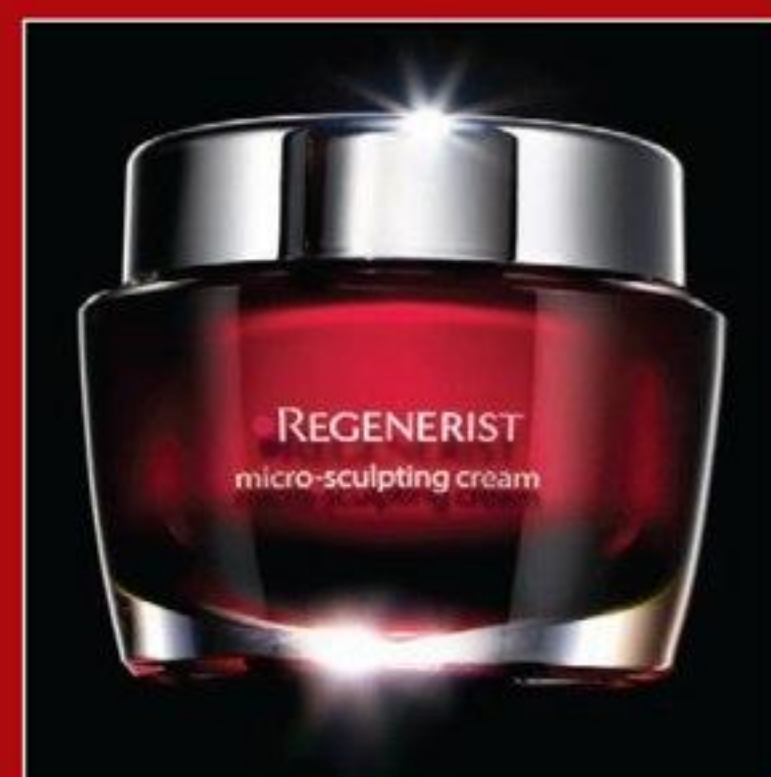
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*Massage reduces excess under-eye fluid.

ENTER TO WIN!

Start a new skin care regimen with an **Olay Prize Pack** featuring amazing products valued at over \$40! Visit familycirclepromo.com to enter the "Back to Basics" sweepstakes and you could be one of 25 lucky readers to receive an **Olay Regenerist Rollerball** and **Olay Micro-Sculpting Cream**.

No purchase necessary to enter or win. Subject to Official Rules and entry at www.familycirclepromo.com. The "Back to Basics" Sweepstakes begins at 12:00 am, E.T. December 6, 2010 and ends January 31, 2011. Entries must be received by 11:59 p.m., E.T., on January 31, 2011. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person with a valid email address. Void where prohibited. Sponsor: Meredith Corporation



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anti-aging
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In the blink of an eye.*

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Our unique roller-ball delivery system delivers a myriad of benefits for tired-looking eyes. It's the caffeine conditioning complex that helps perk them up.* It also helps reduce the look of lines and wrinkles.** And immediately begins to awaken and refresh. And wow—what fun, too.

*Massage helps reduce excess under-eye fluid. **Hydrates to reduce the look of wrinkles.

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Introducing **Celebrate the Holidays**, an all-new, seasonal party planning app for iPad™ brought to you by the experts of **Better Homes and Gardens®**.

Available November 2010



→ BY JULI ALVAREZ

A chunky knit horizontal-stripe scarf perfected with pockets, American Living for JCPenney, \$19

Watch with mixed-stripe grosgrain strap, A. Tierney, \$38

stripes

Whether you go vertical, horizontal, wide or ultra-skinny, it's time to get in line with one of the season's hottest styles.

A cozy boyfriend cardigan, Aerie, \$44.50

Nautical-style blazer with emblem, Spring + Mercer, \$56

Sequin tank with "hand-painted" stripes, Apt 9, \$30

Soft knitted hobo with pompoms, Accessorize, \$65

A Swinging Sixties-style shift with sequin stripes, London Times, \$89

Optical-print skirt with easy drawstring waist, Song Valerie Gregori McKenzie, \$150

Fancy socks with stripes, K. Bell, \$8

A woman with long, wavy brown hair and a pink button-down shirt is looking out a window. In the foreground, there are several pink and white flowers. The window has a dark frame and a white curtain. The background outside the window shows green foliage.

Still trying to get ahead of your depression?

If you've been on an antidepressant for at least
six weeks, you may need something more.

For more help getting ahead of your cloud of depression, ask your doctor about adding SEROQUEL XR.

SEROQUEL XR is approved to treat major depressive disorder when added to an antidepressant. For many, taking SEROQUEL XR with an antidepressant was proven more effective for treating unresolved symptoms of depression than an antidepressant alone.

Important Safety Information About SEROQUEL XR

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Patients, families, and caregivers should pay close attention to any changes, especially sudden changes in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed. Report any change in these symptoms immediately to the doctor. SEROQUEL XR is not approved for patients under the age of 18 years.

- Stop SEROQUEL XR and call your doctor right away if you have some or all of the following symptoms: high fever; stiff muscles; confusion; sweating; changes in pulse, heart rate, and blood pressure. These may be symptoms of neuroleptic malignant syndrome (NMS), a rare and serious condition that can lead to death
- High blood sugar and diabetes have been reported with SEROQUEL XR and medicines like it. If you have diabetes or risk factors such as obesity or a family history of diabetes, your doctor should check your blood sugar before you start taking SEROQUEL XR and also during therapy. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening
- Increases in triglycerides and in LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported with SEROQUEL XR. Your doctor should check your cholesterol levels before you start SEROQUEL XR and during therapy
- Weight gain has been reported with SEROQUEL XR. Your doctor should check your weight regularly
- Tell your doctor about any movements you cannot control in your face, tongue, or other body parts, as they may be signs of a serious condition called tardive dyskinesia (TD). TD may not go away, even if you stop taking SEROQUEL XR. TD may also start after you stop taking SEROQUEL XR
- Other risks include feeling dizzy or lightheaded upon standing, decreases in white blood cells (which can be fatal), or trouble swallowing. Tell your doctor if you experience any of these

- Before starting treatment, tell your doctor about all prescription and nonprescription medicines you are taking. Also tell your doctor if you have or have had low white blood cell count, seizures, abnormal thyroid tests, high prolactin levels, heart or liver problems, or cataracts. An eye exam for cataracts is recommended at the beginning of treatment and every 6 months thereafter
- Since drowsiness has been reported with SEROQUEL XR, you should not participate in activities such as driving or operating machinery until you know that you can do so safely. Avoid becoming overheated or dehydrated while taking SEROQUEL XR. Do not drink alcohol while taking SEROQUEL XR
- Tell your doctor if you are pregnant or intend to become pregnant. Avoid breast-feeding while taking SEROQUEL XR
- The most common side effects are drowsiness, dry mouth, constipation, dizziness, increased appetite, upset stomach, weight gain, fatigue, disturbance in speech and language, and stuffy nose
- Do not stop taking SEROQUEL XR without talking to your doctor. Stopping SEROQUEL XR suddenly may cause side effects

This is not a complete summary of safety information. Please discuss the full Prescribing Information with your health care provider.

Indications

SEROQUEL XR is a once-daily tablet approved in adults for add-on treatment to an antidepressant for patients with major depressive disorder (MDD) who did not have an adequate response to antidepressant therapy.

Please see Brief Summary for prescription SEROQUEL XR, including Boxed Warnings, on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

For questions to ask your doctor, visit SeroquelXR.com or call 1-866-331-3010.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit AstraZeneca-us.com.

Learn more at SeroquelXR.com

Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets

IMPORTANT INFORMATION ABOUT SEROQUEL XR (SER-oh-kwell)

Please read this summary carefully before you start taking SEROQUEL XR and each time you get a refill. There may be new information.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

What is the most important information I should know about SEROQUEL XR?

Serious side effects may happen when you take SEROQUEL XR, including:

- **Risk of death in the elderly with dementia:** Medicines like SEROQUEL XR can raise the risk of death in elderly people who have lost touch with reality due to confusion and memory loss (dementia). SEROQUEL XR is not approved for treating psychosis in the elderly with dementia.
- **Risk of suicidal thoughts or actions:** Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:
 1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
 2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression, bipolar illness (also called manic-depressive illness), or suicidal thoughts or actions.
 3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
 - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
 - Call the health care provider right away to report new or sudden changes in mood, behaviors, thoughts, or feelings.
 - Keep all follow-up visits with the health care provider as scheduled. Call the health care provider between visits as needed, especially if you have concerns about symptoms.

Call a health care provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless

- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to your health care provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the health care provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the health care provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member take. Keep a list of all medicines to show the health care provider. Do not start new medicines without first checking with your health care provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's health care provider for more information.

What is SEROQUEL XR?

SEROQUEL XR is a prescription medicine used to treat major depressive disorder as add-on treatment with antidepressant medicines when your doctor determines that one antidepressant alone is not enough to treat your depression.

SEROQUEL XR is not approved for patients under 18 years of age.

What are the symptoms of major depressive disorder (MDD)?

- Feeling of sadness, emptiness, and increased tearfulness
- Loss of interest in activities that you once enjoyed and loss of energy
- Problems focusing and making decisions
- Feeling of worthlessness or guilt
- Changes in sleep or eating patterns
- Thoughts of death or suicide
- MDD symptoms last most of the day, nearly every day for at least two weeks, and interfere with daily life at home and at work

What should I tell my health care provider before taking SEROQUEL XR?

Before taking SEROQUEL XR, tell your health care provider if you have or have had

- diabetes or high blood sugar in you or your family: your health care provider should check your blood sugar before you start SEROQUEL XR and also during therapy
- high levels of total cholesterol, triglycerides or LDL-cholesterol or low levels of HDL-cholesterol
- low or high blood pressure
- low white blood cell count
- cataracts
- seizures
- abnormal thyroid tests
- high prolactin levels
- heart problems
- liver problems
- any other medical condition
- pregnancy or plans to become pregnant. It is not known if SEROQUEL XR will harm your unborn baby
- breast-feeding or plans to breast-feed. It is not known if SEROQUEL XR will pass into your breast milk. You and your health care provider should decide if you will take SEROQUEL XR or breast-feed. You should not do both

Tell the health care provider about all the medicines that you take or recently have taken including prescription medicines, nonprescription medicines, herbal supplements and vitamins.

SEROQUEL XR and other medicines may affect each other causing serious side effects. SEROQUEL XR may affect the way other medicines work, and other medicines may affect how SEROQUEL XR works. Especially tell your health care provider if you take or plan to take medicines for:

- depression
- Parkinson's disease
- high blood pressure
- trouble sleeping

Also tell your health care provider if you take or plan to take any of these medicines:

- phenytoin, divalproex or carbamazepine (for epilepsy)
- barbiturates (to help you sleep)
- rifampin (for tuberculosis)
- glucocorticoids (steroids for inflammation)
- thioridazine (an antipsychotic)
- ketoconazole, fluconazole or itraconazole (for fungal infections)
- erythromycin (an antibiotic)
- protease inhibitors (for HIV)

This is not a complete list of medicines that can affect or be affected by SEROQUEL XR. Your doctor can tell you if it is safe to take SEROQUEL XR with your other medicines. Do not start or stop any medicines while taking SEROQUEL XR without talking to your health care provider first. Know the medicines you take. Keep a list of your medicines to show your health care provider and pharmacist when you get a new medicine.

Tell your health care provider if you are having a urine drug screen because SEROQUEL XR may affect your test results. Tell those giving the test that you are taking SEROQUEL XR.

For more information about SEROQUEL XR, visit www.SEROQUELXR.com or call 1-800-236-9933.

SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

AstraZeneca 

How should I take SEROQUEL XR?

- Take SEROQUEL XR exactly as your health care provider tells you to take it. Do not change the dose yourself.
- Take SEROQUEL XR by mouth, with a light meal or without food.
- SEROQUEL XR should be swallowed whole and not split, chewed or crushed.
- If you feel you need to stop SEROQUEL XR, talk with your health care provider first.

If you suddenly stop taking SEROQUEL XR, you may experience side effects such as trouble sleeping or trouble staying asleep (insomnia), nausea, and vomiting.

- If you miss a dose, take it as soon as you remember. If it is close to the next dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time unless your health care provider tells you to. If you are not sure about your dosing, call your health care provider.
- If you take too much SEROQUEL XR, call your health care provider or poison control center at 1-800-222-1222 right away or go to the nearest hospital emergency room.

What should I avoid while taking SEROQUEL XR?

Do not drive, operate machinery, or do other dangerous activities until you know how SEROQUEL XR affects you. SEROQUEL XR may make you drowsy.

- Avoid getting overheated or dehydrated.
 - Do not over-exercise.
 - In hot weather, stay inside in a cool place if possible.
 - Stay out of the sun. Do not wear too much or heavy clothing.
 - Drink plenty of water.
- Do not drink alcohol while taking SEROQUEL XR. It may make some side effects of SEROQUEL XR worse.

What are possible side effects of SEROQUEL XR?

Also see “What is the most important information I should know about SEROQUEL XR?” at the beginning of this document.

Serious side effects have been reported with SEROQUEL XR including:

- **Neuroleptic malignant syndrome (NMS):** Tell your health care provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Stop SEROQUEL XR and call your health care provider right away

- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take SEROQUEL XR. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes) your health care provider should check your blood sugar before you start SEROQUEL XR and during therapy. Call your health care provider if you have any of these symptoms of high blood sugar while taking SEROQUEL XR
 - feel very thirsty
 - need to urinate more than usual
 - feel very hungry
 - feel weak or tired
 - feel sick to your stomach
 - feel confused, or your breath smells fruity
- **High cholesterol and triglyceride levels in the blood (fat in the blood):** Increases in total cholesterol, triglycerides and LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported in clinical trials with SEROQUEL XR. You may not have any symptoms, so your health care provider should do blood tests to check your cholesterol and triglyceride levels before you start taking SEROQUEL XR and during therapy
- **Increase in weight (weight gain):** Weight gain has been seen in patients who take SEROQUEL XR so you and your health care provider should check your weight regularly
- **Tardive dyskinesia:** Tell your health care provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking SEROQUEL XR. Tardive dyskinesia may also start after you stop taking SEROQUEL XR
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position
- **Increases in blood pressure:** reported in children and teenagers. Your health care provider should check blood pressure in children and adolescents before starting SEROQUEL XR and during therapy. SEROQUEL XR is not approved for patients under 18 years of age
- **Low white blood cell count**
- **Cataracts**
- **Seizures**
- **Abnormal thyroid tests:** Your health care provider may do blood tests to check your thyroid hormone level
- **Increases in prolactin levels:** Your health care provider may do blood tests to check your prolactin levels
- **Increases in liver enzymes:** Your health care provider may do blood tests to check your liver enzyme levels
- **Long lasting and painful erection**
- **Difficulty swallowing**

Common possible side effects with SEROQUEL XR include:

- drowsiness
- dry mouth
- constipation
- dizziness
- increased appetite
- upset stomach
- weight gain
- fatigue
- disturbance in speech and language
- stuffy nose

These are not all the possible side effects of SEROQUEL XR. For more information, ask your health care provider or pharmacist.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SEROQUEL XR?

- Store SEROQUEL XR at room temperature, between 59°F to 86°F (15°C to 30°C)
- Keep SEROQUEL XR and all medicines out of the reach of children

What are the ingredients in SEROQUEL XR?

Active ingredient: quetiapine fumarate

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, sodium citrate, hypromellose, and magnesium stearate. The film coating for all SEROQUEL XR tablets contain hypromellose, polyethylene glycol 400 and titanium dioxide. In addition, yellow iron oxide (50, 200 and 300 mg tablets) and red iron oxide (50 mg tablets) are included in the film coating of specific strengths.

General information about SEROQUEL XR

Do not take SEROQUEL XR unless your health care provider has prescribed it for you for your condition. Do not share SEROQUEL XR with other people, even if they have the same condition. It may harm them.

NOTE: This summary provides important information about SEROQUEL XR. For more information about SEROQUEL XR, talk with your health care provider or pharmacist or call 1-800-236-9933. You can ask your health care provider for full Prescribing Information about SEROQUEL XR that is written for health care providers and discuss it with him or her.

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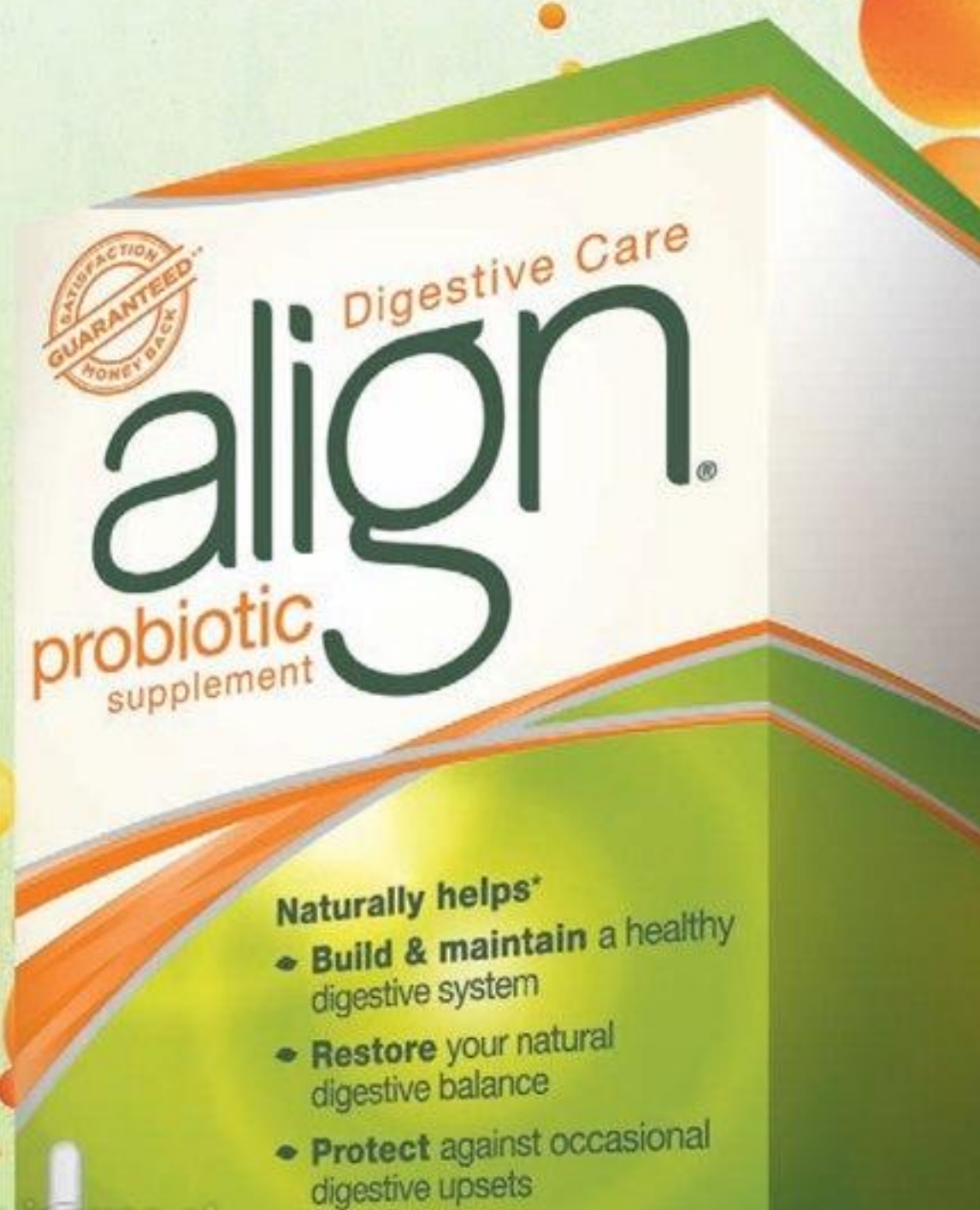
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HEALTH

→ SMART WAYS TO LIVE WELL → STRATEGIES FOR EATING RIGHT → EASY FITNESS PLANS

Use It or Lose It

While the majority of working Americans don't take all of their vacation days, 58% of them feel they need a getaway more than they did last year. And time off has long-lasting benefits. Men who go on regular vacations are 32% less apt to die of a heart attack than those who don't, and women are about twice as likely to be satisfied with their marriage. So make 2011 the year you and the family plan a few days (or more!) away. Go to familycircle.com/travel for some great escapes.

→ BY TAYLOR CHANG

TOOTH TRUTH

Visit your dentist once a year and you'll reduce your risk of heart attacks, stroke and other cardiovascular problems by 33%. Experts believe that unhealthy, bleeding gums allow bacteria to enter the bloodstream and cause heart problems.



HEALTH CARE 101

Still having trouble understanding health care reform? You're not alone. A newly revamped website, healthcare.gov, may help you make sense of it all. The site allows you to compare coverage and prices of over 4,400 plans (including Medicaid and Medicare) across the country. You can also check out premiums, deductibles, coverage limits and more.

→ D PLUS Getting at least 400 IU of vitamin D every day can lower your risk of breast cancer by 24%, but only when you take it in supplement form. Absorbing the nutrient through food doesn't appear to have the same effect. Ask your doctor how much vitamin D you should be taking. Source: American Journal of Clinical Nutrition

A Fresh Start

When it comes to resolutions, Motherboard members say helping their family eat healthier is their number one goal. Some mom-tested tips:

SNEAK IT IN "I hide healthy food inside my kids' favorites, such as turnips in mashed potatoes or black beans in brownies. Devious, yes, but it works."

SNACK BAR "I keep various fruits and vegetables (washed and cut) front and center on the kitchen counter or

the top shelf in the fridge—cubes of mango and pineapple are favorites in our house."

A FAMILY AFFAIR "My sons and daughter help me grocery shop, take turns assisting me in the kitchen and even work in our vegetable garden in the summer."



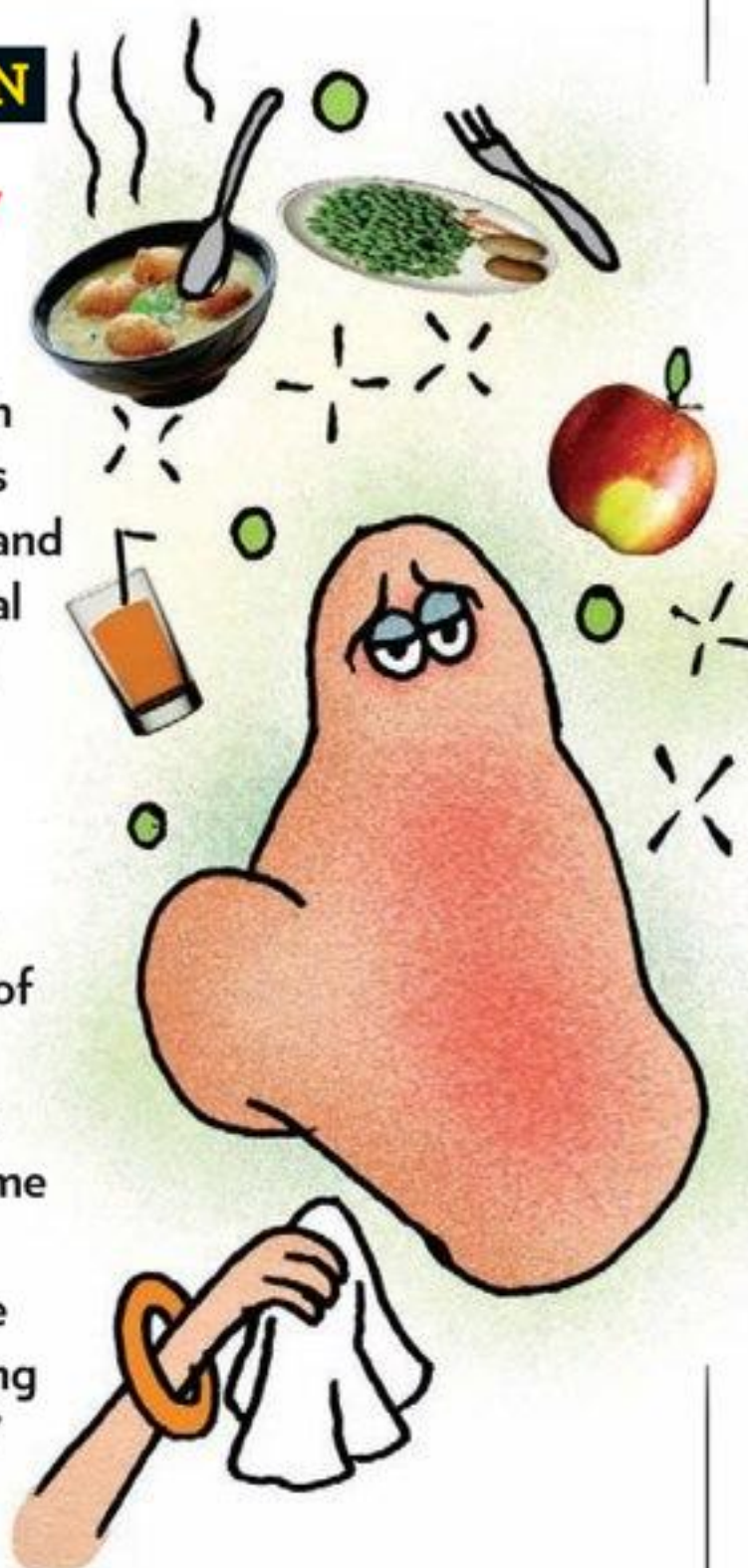
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FACT OR FICTION

Should you really feed a cold and starve a fever?

There may be some truth to this adage. Since colds usually drag on for days and drain your energy, it's vital to keep eating a diet full of beneficial nutrients, says Denise Snyder, nutrition scientist and clinical trials manager at Duke University School of Nursing. Fevers, on the other hand, typically last for a shorter period of time and result in a loss of appetite. "In this case the focus should be on getting plenty of rest and fluids," recommends Snyder.



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→ BY MEGAN BINGHAM

CHATTER ALERT

Oversharing can be bad for teen girls, says research from the University of Missouri-Columbia. Girls who constantly rehash problems with friends have an increased risk of developing depression and anxiety. It's more productive for a teen to come to you or another adult with her problems, says lead author Amanda Rose, associate professor at the university's department of psychological sciences. Get your daughter to open up by asking her questions that require more than a yes or no answer. And if you know she's going through a difficult time, encourage her to tell you what she's feeling.



OPTICAL ILLUSION

You might be under the assumption that your child has perfect vision, but look again. About 25% of elementary students have vision problems serious enough to impede learning, reports the American Public Health Association. And many of these issues are not diagnosed during a school eye exam. So schedule an annual checkup with an optometrist, and watch out for these warning signs:

- Squinting
- Poor posture while reading or writing
- Sitting too close to the TV
- Rubbing eyes frequently
- Skipping lines while reading
- Using a finger as a place mark
- Regularly closing or covering one eye
- Frequent headaches

WELL READ

These new (or recently updated) books offer advice for handling difficult parenting situations.

THE READ	SUMMARY	NOTEWORTHY
<i>Good Kids, Bad Habits: The RealAge Guide to Raising Healthy Children</i> , by Jennifer Trachtenberg (Harper)	Tips on how to break your child of bad habits like junk-food binges, staying up late and compulsive video game playing.	Includes the proven RealAge® Healthy Kids Test, which measures biological, not calendar, age.
<i>The Kitchen Classroom: 32 Visual GFCF Recipes to Boost Developmental Skills</i> , by Gabrielle Kaplan-Mayer (Woodbine House)	Written for kids who need help with sensory, motor and communication skills, but the practical cooking instructions benefit everyone.	Comes with a CD-ROM and step-by-step recipes for 32 gluten-free and casein-free dishes.
<i>Mom, I Feel Fat: Becoming Your Daughter's Ally in Developing a Healthy Body Image</i> , by Sharon Hersh (Shaw Books)	Packed with advice on how mothers can effectively talk to their daughters about body issues.	Features exercises and thoughtful questions for mothers to get conversations started with their daughters.



A LIMITED MENU

Kids in the United States get 40% of their daily calories from fat and sugar—mainly from just five food items: soda, fruit drinks, desserts, pizza and whole milk.

Source: American Dietetic Association



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SpaghettiOs® pasta is as healthy as it is tasty!

It's a delicious entrée that's low in fat, with a healthy level of sodium and a full serving of vegetables.

We start with vine ripened tomatoes and don't add MSG,[†] for a yummy choice moms and kids can both agree on.

[†]Except for the small amount naturally occurring in yeast extract. © 2010 CSC Brands LP



American Heart Association

Products displaying the heart-check mark meet
American Heart Association food criteria
for saturated fat and cholesterol
for healthy people over age 2.

heartcheckmark.org

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**GOING HEART HEALTHY?
TWO HEARTS ARE BETTER THAN ONE.**



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25 Heart Healthy Soups • Low Cholesterol • 0 Grams Trans Fat • Healthy Level of Sodium

It's amazing what soup can do.™

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

New Body, New Life

Losing weight has plenty of rewards: better health, more energy and (finally!) fitting into that little black dress. But sometimes, as these four women learned, it brings unexpected gifts as well.

By Norine Dworkin-McDaniel

REBECCA BARNES

45, consultant, Atlanta, GA

HEIGHT | 5'1" PREVIOUS WEIGHT | 225

CURRENT WEIGHT | 133

POUNDS LOST | 92

TURNING POINT → Before I had kids I was an actress and never had a problem being the center of attention or walking into a party where I didn't know anyone. I could always make friends. But when my weight rose to 225, my personality changed. I started asking myself if I was the fattest woman in the room—and I usually was. I became less outgoing and more self-conscious.

HOW SHE LOST IT → For three months I participated in the moms' edition of *Atlanta's Biggest Loser*, a local version of the national television show. We followed a 1,200-calorie-per-day diet with vegetables filling most of the plate. I learned how to eat more fiber, by sprinkling flaxseed on whole-grain rice and cooking with beans. In addition to our diet intervention we exercised with a trainer five days a week. At times the workouts were so tough I wanted to die right there on the mat. But I stubbornly kept going. In

LOST
92
LBS.

"I surprised myself when I realized I actually liked exercise." —Rebecca

GIVE GINGIVITIS ITS FOUR WEEK NOTICE.



Introducing a toothpaste clinically proven to help reverse gingivitis in just four weeks, putting you on your way to a healthier mouth.

New Crest Pro-Health Clinical Gum Protection. Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. It also protects these other areas dentists check most: cavities, gingivitis, plaque, sensitivity, tartar, whitening, and fresh breath.





**LOST
75
LBS.**

"I wanted to be a role model for my 16-year-old daughter." —Theresa

where they have to run down the driveway, go up the stairs, around a tree, step through hula hoops or jump over something. They love it! The best part? I can keep up with them again.

THERESA LOU BOWICK,
42, registered professional nurse,
Rochester, NY

HEIGHT | 5'7" PREVIOUS WEIGHT | 235

CURRENT WEIGHT | 160

POUNDS LOST | 75

TURNING POINT → At my daughter Jacynta's sweet 16 party it struck me that she wasn't enjoying her teen years like she really should be because of her weight. Plus, I realized that as her mother, I'd never been a healthy role model. So, I decided I'd try to inspire her by getting into better shape myself.

HOW SHE LOST IT → I immediately started walking a half-mile most days of the week. (Now, three years later, I run five.) I also joined Weight Watchers and totally changed my eating habits for the better. For extra motivation, I bought a bikini and hung it up where I could see it every single day. It really did keep me from reaching for unhealthy treats. Each morning I'd look at the suit and say to myself, "I am going to wear this and wear it well." It took me three years to drop the 75 pounds, but now I have a whole bikini collection!

WHAT SHE FOUND → My main reason for dieting was to be an inspiration to my teenage daughter and yet I must admit I was still shocked when I did, in fact, motivate her. She got a big kick out of the fact that I entered the Weight Watchers Inspiring Stories of Change contest, and my essay "From Buffets to Bikinis" won one of the grand prizes. That's when she became serious about her own weight-loss goals. She began exercising and coming to Weight Watchers meetings

the end I was the "biggest loser" for my team, shedding 39 pounds in 12 weeks. Then I dropped another 53 pounds in the next 18 months.

WHAT SHE FOUND → I discovered an inner athlete I didn't know existed. I surprised myself when I realized I actually liked exercise. In addition to my everyday routine—walking the dog 2 miles, running for 20 minutes, ab work and a punching-bag session—I search for other opportunities to work out. When I'm with my kids, ages 11 and 7, at the playground, I run up and down steps, sprint laps or do push-ups. If I'm stuck in the carpool line, I get out and do squats, push-ups, stretches or lunges. Instead of feeling embarrassed I feel amazing, like I'm erasing a decade of not taking care of myself.

This experience didn't just change my life—it changed my family's too. During the contest I'd say, "I'm going for a walk." Then one kid would say, "I want to come." The next would chime in, "Me too!" And my husband would say, "I guess we're all going." Now, instead of hanging out in our home on the weekends, we're getting outside to play catch or kick a soccer ball. When my kids want to watch TV or play on the computer, I make them earn it by doing an obstacle course I set up

TWO WEEKS TO HEALTHIER GUMS.

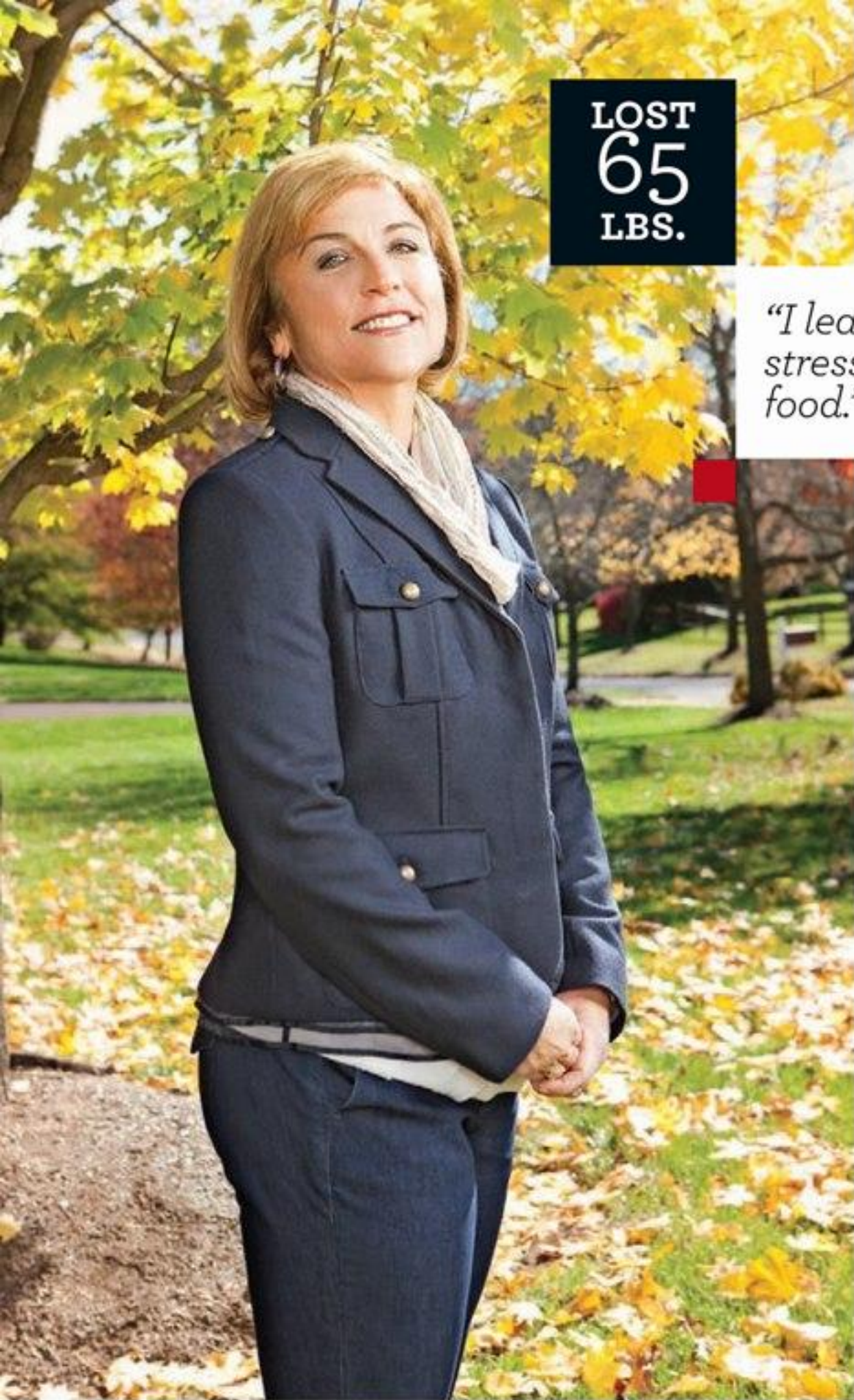


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Floss as part of your complete
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LOST
65
LBS.

"I learned how to handle stress without turning to food." —Sandra

HOW SHE LOST IT → I knew what I had to do to lose weight: exercise regularly, eat more fruits and vegetables, and toss out all the junk food. But the weight-loss programs I tried didn't explain how a working mom with three boys, ages 14, 12 and 9, could suddenly find the time to work out. Nor did they reveal why I ate when I was overwhelmed. Then on a whim I decided to see a hypnotherapist. He didn't focus on what I ate (though he did send me to a nutritionist to learn to eat better). Instead, he helped me improve my self-image and attitude. He also taught me how to handle stress without turning to food.

When my dad passed away recently,

I caught myself in the cupboard eating cookies. I'd had maybe two and then I stopped, stepped back and headed outside for a walk instead. With my therapist's help, I also found time for exercise. When you have a can-do attitude it's easier to get out of bed a little earlier or to get on a treadmill instead of plopping down in front of the television after the kids are asleep.

WHAT SHE FOUND → My husband and I have rekindled our romance. We meet for lunch, send each other "I love you" texts and started sailing again—that's how we met, but we hadn't taken a boat out together in years because I'd gotten so big. Now we're even competing in races. And recently we went away for a night, just the two of us—something we hadn't done in the 14 years since our first child was born. We chose a beautiful hotel, just 15 minutes away from home, yet it made a world of difference. I'd bought a special outfit that showed off my new curves. After an intimate dinner and a long walk through a quaint town, we discovered that we are more than just mom and dad, we are a couple in love.

with me. It wasn't about me making her do it—she did it all for herself. So far she's lost 22 pounds.

Being in control of my weight also showed me that I can take action in other areas of my life. I'd never forgiven myself for getting pregnant and dropping out of college before earning my degree. So when I'd proven I could lose the pounds and keep them off, I thought, "Now's the time. I'm going to get that bachelor's degree." Not only did I earn my BS in nursing, but I also received the highest honors at my school for a graduating senior.

SANDRA CZERWINSKI

46, accountant, Buckingham, PA

HEIGHT | 5'7" PREVIOUS WEIGHT | 230

CURRENT WEIGHT | 165

POUNDS LOST | 65

TURNING POINT → I'd been pregnant for almost three years in a row. With each pregnancy I gained more weight, and for years after it just never came off. I even skipped my college reunion because I didn't want anyone to see me with the extra pounds.

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MyBONIVA® Program
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MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis. You'll get:

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- Sally Field's tips on managing your osteoporosis and building stronger bones.
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- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.



*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.

(continued)

*I wanted to stop my
bone loss, but I did more.
I reversed it with BONIVA.**

If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.[†] And my test results proved I did, too.

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.

[†]Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

**Enroll today. Call 1-800-418-3512 or
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like yogurt, spinach, and cheese."*

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150 mg tablet
Help Stop and Reverse Bone Loss

10297400



IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
 - have low blood calcium (hypocalcemia)
 - cannot sit or stand for at least 60 minutes
 - have kidneys that work very poorly
 - are allergic to BONIVA or any of its ingredients
- See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

MAUREEN ALBRECHT

57, retired deputy coroner, Arcadia, CA

HEIGHT | 5'4" PREVIOUS WEIGHT | 280

CURRENT WEIGHT | 165

POUNDS LOST | 115

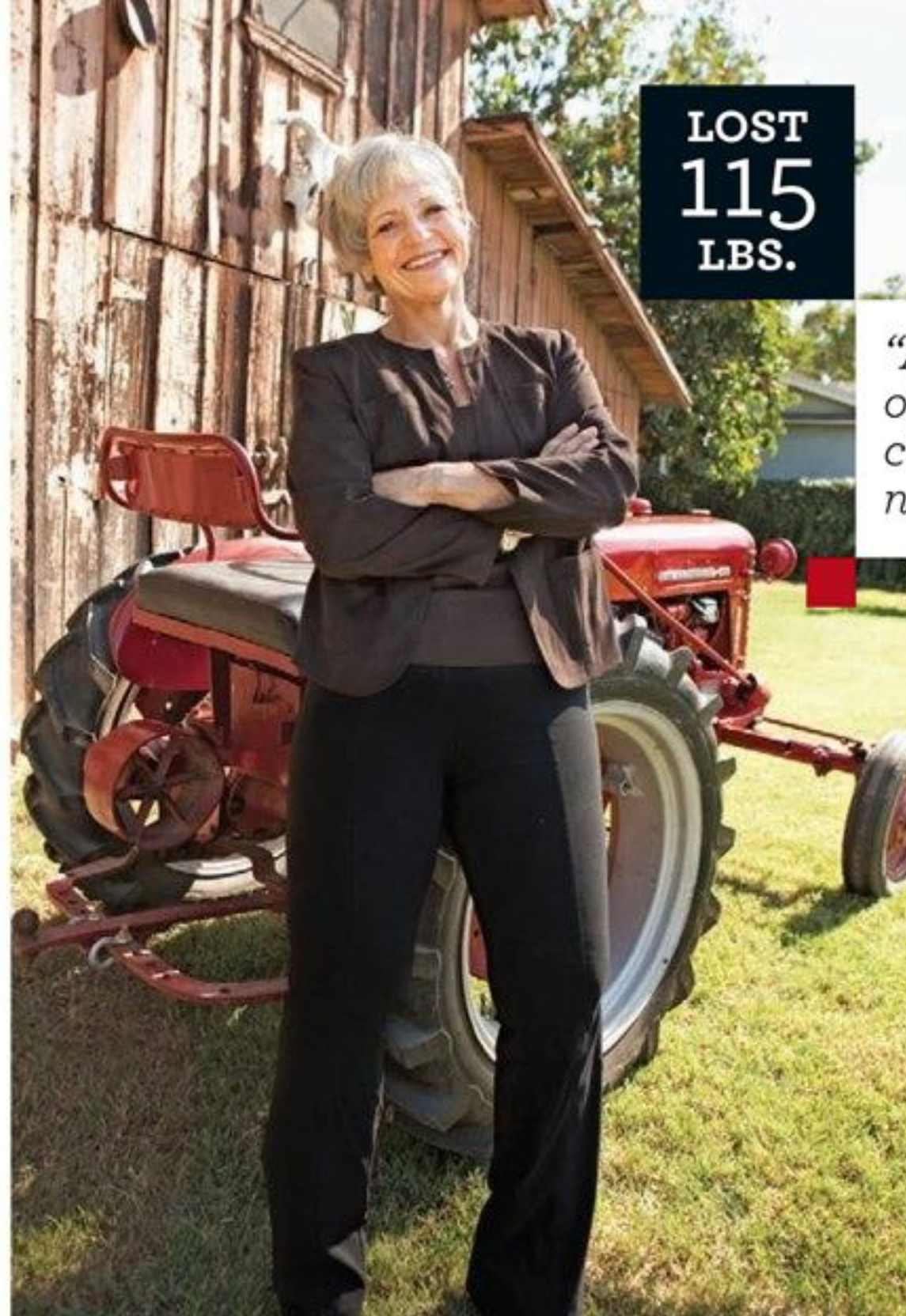
TURNING POINT → About six months before retirement I started having breathing problems. I set up an appointment with my doctor. Just hustling into her office sent my blood pressure off the charts. The doctor did an EKG and said, "This isn't good." My cholesterol was high too. The doctor started me on medication and of course told me to lose weight. I realized I had to do something or I was going to die.

HOW SHE LOST IT → Shortly after the trip to the doctor my office launched a 10-week weight-loss competition. We were encouraged to exercise, so I decided I'd walk. My first time out I had my husband drop me 5 miles from home. It took me longer to get back to our house than I'd like to admit. Those first couple of walks were tough, but it got easier. I

was able to go off my blood pressure medication within a month, and after two months my cholesterol was normal. I continued exercising and eating healthy after the contest and when I retired. Within a year I shed 115 pounds.

LOST
115
LBS.

"After two months of walking my cholesterol was normal."—Maureen



WHAT SHE FOUND → I

don't feel 57! My feet don't hurt. I don't get winded. I used to get so tired I'd have to nap. Now I get up at 6 A.M. and don't stop until 11 at night. I walk 6 to 10 miles a day. I swim and snorkel and even learned to scuba dive. I can buy jeans at any store; size 28 used to be tight, now I wear a 10. Last year, for the first time in my life, I sat on

Santa's lap. I'd never been on his lap as a kid because I was always fat—over 200 pounds in fifth grade. Recently I bought a sports car—a black, convertible Cross-fire. Never in a million years did I believe I'd own a tiny car. ●

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winterize YOUR SKIN

The weather outside may be cold and dreary, but with just a few seasonal adjustments you can keep your skin looking great. *By Jeannette Moninger*



Freezing temperatures, low humidity and furnace-blasted air leave most of us with dry, red, itchy skin. But if your standard regimen of slathering on moisturizer is no longer doing the trick, you may be dealing with something more serious that deserves a little extra attention.

THE PROBLEM »

Ruddy nose and cheeks make you feel a bit like Mrs. Claus.

THE DIAGNOSIS »

Rosacea causes small blood vessels to swell and become more visible, giving the face a red glow. In addition, pimply bumps resembling adult acne often appear on the nose and cheeks, says Robert Brodell, M.D., associate clinical professor of dermatology at Case Western Reserve University in Cleveland. You're more susceptible to rosacea if it runs in your family or if you have light skin, blue eyes and blond hair.

WINTERPROOFING »

The inflammation of rosacea can be treated with prescription topical antibiotic or retinoid creams, oral antibiotics and laser therapies. When heading outdoors, be sure to protect your face with a soft scarf. Also watch what you eat and drink. "Spicy foods, alcohol and hot beverages increase blood flow to the skin's surface, making you appear redder," says Linda Stein Gold, M.D., head of dermatology research at Henry Ford Hospital in Detroit. Green- or yellow-tinted foundations can help conceal the unwanted redness.

THE PROBLEM »

Red patches of skin are covered with silvery scales.

THE DIAGNOSIS »

Psoriasis affects an estimated 7.5 million Americans. This inherited autoimmune disease causes itchy, dry, sometimes painful patches to build up on elbows, knees, scalp and lower back. And the disease often goes beyond skin-deep: Those with severe psoriasis are at least 24% more likely to have a heart attack due to artery-clogging inflammation brought on by an overreactive immune system.

WINTERPROOFING »

Flare-ups generally occur in the colder months when there's a decrease in exposure to the sun's UVB rays, which help slow down skin-cell growth. Phototherapy





FC tip

During the colder months it's best to go with an oil-based moisturizer (which creates a protective layer) rather than a water-based one.



treatments at a dermatologist's office or prescription home-light units (usually covered by insurance) are your best UVB options. (Skip tanning beds—they mostly emit harmful UVA rays.) Light therapies are most effective when combined with medications like retinoids, methotrexate (a chemo drug) or cyclosporine (an immunosuppressant). Topical corticosteroid, retinoid and vitamin D₃ creams alleviate mild symptoms.

Stress can also aggravate the condition, so try to up your inner calm. "Relaxation techniques like yoga and biofeedback—and even anti-anxiety medications—can reduce stress-induced psoriasis outbreaks," says Alan Menter, M.D., chair of the psoriasis research unit at Baylor Research Institute in Dallas.

THE PROBLEM »

Dry, cracked, itchy spots, often on the hands.

THE DIAGNOSIS »

Eczema is a condition that encompasses myriad skin problems and often affects people with allergies and asthma. Adults typically get a form of eczema called hand dermatitis, and like other skin conditions, it worsens when temperatures and humidity levels drop.

WINTERPROOFING »

Before you brave the cold, apply an oil-based moisturizer to your hands (and face and ears, if necessary) and wear gloves. It's also a good idea to counteract dryness at home with a humidifier. Since scratching causes eczema-prone areas to thicken and turn

leathery, ask your doctor about prescription oral antibiotics, antihistamines, steroids or topical corticosteroid creams.

THE PROBLEM »

Sandpapery, hard bumps that seem to pop up overnight.

THE DIAGNOSIS »

Actinic keratoses (AKs) are one of the most common reasons people see dermatologists. Sometimes called sun or solar spots, AKs are precursors to skin cancer and are typically found on areas that get a lot of sun exposure, like the face, lips, ears, back of hands, forearms and scalp. "You may feel the bumps before you see them," says Dr. Brodell. Their color, size and shape vary: Lesions can be skin-colored or red, yellow or brown. Some grow so rapidly that they form a horn shape and can range in size from a pinhead to an eraser. Those who are fair-skinned, blue-eyed and over age 39 are most susceptible.

WINTERPROOFING »

It's tempting to forgo daily sunscreen now that the sun seems less intense, but snow and ice reflect 80% of the sun's damaging rays. "Regardless of the weather, you should apply broad-spectrum sunscreen to exposed skin every day, including a lip balm or lipstick with SPF," says Dr. Stein Gold. Sunscreen is especially important if you're going to be outside shoveling, sledding or engaging in winter sports like skiing. Since doctors can't determine whether a lesion will actually become cancerous, all AKs need to be removed through freezing, surgery, scraping or topical creams. Other treatment options include chemical peels, microdermabrasion and laser or light therapies. ●



ZIT ZAPPERS

Crow's-feet and pimples shouldn't go together, yet 25% of women in their 40s deal with both. Blame hormones for throwing your oil glands into hyper-drive and creating an overabundance of acne-causing bacteria. Lack of sun in the winter also is a problem since UVB rays have an anti-inflammatory effect on skin. Gentle cleansers like Cetaphil or Dove, and OTC products containing benzoyl peroxide or salicylic acid work well for mild to moderate acne, but many women require a prescription-strength treatment. Talk to your doctor about the options below. But be patient: It may take up to 8 weeks to see an improvement.

Topical antibiotics → Often used in combination with prescription-strength benzoyl peroxide, these creams banish blemish-causing bacteria.

Retinoids → Derived from vitamin A, retinoids keep hair follicles from getting plugged by stimulating skin-cell turnover.

Oral antibiotics → Studies show taking an oral antibiotic for a few months (and then stopping), along with continued use of a topical antibiotic or retinoid cream, greatly reduces acne inflammation.

Oral isotretinoin → Accutane has been gone since 2009, but generic versions are equally effective at treating severe nodular acne.

Oral contraceptives → Three combination estrogen-progestin birth control pills are FDA-approved to treat acne: Yaz, Ortho Tri-Cyclen and Estrostep.

Laser or light therapy → These target the oil glands deep beneath the skin, decreasing the production of oil, without leaving scars.

Photopneumatic therapy → This combination treatment includes a vacuum suction that lifts dead skin cells from pores, bringing oil glands closer to the surface so that the bacteria can then be killed by a laser.

Steroid shots → Injections clear out nodules and cysts (large, painful lumps under the skin) within four days (versus weeks).

FamilyCircle.com

If you suspect you may have one of these skin conditions, visit familycircle.com/winterskin to see what they look like.

Can your prescription-strength arthritis pain reliever help protect you from some stomach issues?

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with built-in medication that can help protect you
from NSAID-associated stomach issues.**

While NSAIDs (*nonsteroidal anti-inflammatory drugs*) can work to effectively reduce the pain of osteoarthritis, they may also lead to some stomach issues.

Fortunately, VIMOVO is an NSAID that combines a prescription-strength arthritis pain reliever with a built-in medicine that can help reduce the risk of developing stomach (gastric) ulcers. So if you're worried about potential stomach issues due to your arthritis pain medication, ask your doctor if VIMOVO could be right for you.

Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis, and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs. VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

Important Safety Information

- **Like all medications that contain nonsteroidal anti-inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases**
 - With longer use of NSAID medicines
 - In people who have heart disease
- **NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG)**
- **As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death**
 - **Elderly patients are at greater risk for serious gastrointestinal events**

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing.

VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Review all the medications, even over-the-counter medications, you are taking with your health care provider before starting VIMOVO.

Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information please visit www.astrazeneca-us.com

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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Get your first 30-day
VIMOVO prescription

FREE

And save on refills.*

Sign up for a VIMOVO Savings Card and your first month's prescription is free—with refills for just \$20.*

*Requires a prescription; subject to eligibility rules; restrictions apply.

Visit SaveOnVIMOVO.com

VimovoTM
(naproxen/esomeprazole magnesium)
375/20•500/20 mg delayed-release tablets

IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully and then ask your doctor about **VIMOVO** (vi-moh'-voh). No advertisement can provide all the information needed to determine if a drug is right for you. This advertisement does not take the place of careful discussions with your doctor. Only your doctor has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium, may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
- in people who have heart disease

NSAID-containing medicines, such as VIMOVO, should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).

NSAID-containing medicines, such as VIMOVO can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding

- can happen without warning symptoms
- may cause death

The chance of a person getting an ulcer or bleeding increases with

- taking medicines called steroid hormones (corticosteroids) and blood thinners (anticoagulants)
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

NSAID medicines should only be used

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

Get emergency help right away if you have any of the following symptoms

- shortness of breath or trouble breathing
- chest pain
- weakness in one part or side of your body
- slurred speech
- swelling of the face or throat

Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAID medicines. Talk to your health care provider or pharmacist for more information about NSAID medicines.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

WHAT IS VIMOVO?

VIMOVO contains 2 medicines: naproxen, a nonsteroidal anti-inflammatory drug (NSAID), and esomeprazole magnesium, a proton pump inhibitor (PPI).

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

WHO SHOULD NOT TAKE VIMOVO?

Do not take VIMOVO

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO. See the end of this leaflet for a complete list of ingredients in VIMOVO
- If you are allergic to any other proton pump inhibitor (PPI) medicine
- For pain right before or after heart bypass surgery
- If you are in the late stages of pregnancy (third trimester)

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING VIMOVO?

Before you take VIMOVO, tell your health care provider about all your medical conditions, including if you

- have liver or kidney problems
- have ulcerative colitis or Crohn's disease (inflammatory bowel disease or IBD)
- have any other medical conditions
- are pregnant or plan to become pregnant. See "What is the most important information I should know about VIMOVO?"
- are breast-feeding or plan to breast-feed. VIMOVO can

pass into your milk and may harm your baby. You should not breast-feed while taking VIMOVO. Talk to your health care provider about the best way to feed your baby if you take VIMOVO

Tell your health care provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Since VIMOVO contains naproxen, talk to your health care provider before taking any other NSAID-containing products.

Using VIMOVO with other medicines can cause serious side effects. VIMOVO may affect the way other medicines work, and other medicines may affect how VIMOVO works.

Know the medicines you take. Keep a list of them to show your health care provider or pharmacist when you get a new medicine.

HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO exactly as your health care provider tells you to take it
- Your health care provider may tell you to take Vitamin D and Calcium supplements during treatment with VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet. Tell your doctor if you cannot swallow the tablet whole. You may need a different medicine
- You may use antacids while taking VIMOVO
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

VimovoTM
(naproxen/esomeprazole magnesium)
375/20 • 500/20 mg delayed-release tablets

AstraZeneca

IMPORTANT INFORMATION ABOUT VIMOVO

Symptoms that you have taken too much VIMOVO may include

- feeling weak and tired
- dizziness
- feeling sleepy
- upper stomach-area pain or discomfort
- heartburn, indigestion, or nausea
- a change in breathing or you stop breathing
- vomiting
- bleeding
- movements of a body part that you cannot control
- coordination problems and decreased movement
- Your doctor may do certain tests from time to time to check you for side effects of VIMOVO

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

VIMOVO may cause serious side effects.

See "What is the most important information I should know about VIMOVO?"

- **High blood pressure**
- **Heart problems** such as congestive heart failure. Tell your health care provider about any swelling of your body, hands or feet, sudden weight gain or trouble breathing
- **Active bleeding.** Tell your doctor if you develop signs of active bleeding including
 - passing black sticky bowel movements (stools)
 - having bloody diarrhea
 - vomiting or coughing up blood or dark particles that look like coffee grounds
- **Serious allergic reactions.** Tell your health care provider or get medical help right away if you develop sudden wheezing; swelling of your lips, tongue, throat or body; rash; fainting; or problems breathing or swallowing (severe allergic reaction)
- **Serious skin reactions.** Tell your health care provider or get medical help right away if you develop
 - reddening of your skin with blisters or peeling
 - blisters and bleeding of your lips, eye lids, mouth, nose, or genitals

- **Liver problems.** Tell your health care provider if you develop yellowing of the skin or the whites of your eyes; dark urine; or feel tired
- **Bone fracture.** Talk to your health care provider about your risk for fractures if you take VIMOVO for a long period of time

The most common side effects of VIMOVO include

- Inflammation of the lining of the stomach, with or without loss of the protective layer of the stomach (erosive gastritis)
- indigestion
- diarrhea
- stomach ulcers
- upper stomach-area (abdominal) pain
- nausea

Tell your health care provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of VIMOVO. For more information, ask your health care provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

HOW SHOULD I STORE VIMOVO?

- Store VIMOVO at 59°F to 86°F (15°C to 30°C)
- Keep VIMOVO in the original container and keep the bottle tightly closed
- Keep VIMOVO dry

Keep VIMOVO and all medicines out of the reach of children.

GENERAL INFORMATION ABOUT VIMOVO

Medicines are sometimes prescribed for purposes other than those listed in this summary. Do not use VIMOVO for a condition for which it was not prescribed. Do not give VIMOVO to other people, even if they have the same symptoms you have. It may harm them.

This summary provides the most important information about VIMOVO. If you would like more information, ask your health care provider. You can ask your health care provider or pharmacist for information that is written for health care professionals.

OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

NSAID medicines that need a prescription

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol), Voltaren
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

* Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

WHAT ARE THE INGREDIENTS IN VIMOVO?

Active ingredients
naproxen and esomeprazole magnesium

Inactive ingredients
carnauba wax, colloidal silicon dioxide, croscarmellose sodium, iron oxide yellow, glyceryl monostearate, hypromellose, iron oxide black, magnesium stearate, methacrylic acid copolymer dispersion, methylparaben, polysorbate 80, polydextrose,

polyethylene glycol, povidone, vpropylene glycol, propylparaben, titanium dioxide, and triethyl citrate

For more information, call 1-800-236-9933 or go to www.VIMOVO.com

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VimovoTM
(naproxen/esomeprazole magnesium)
375/20 • 500/20 mg delayed-release tablets

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PICANTE SAUCE: ★ ★ ★ ★ LIKE SALSA THAT'S GONE TO COOKING SCHOOL.



Shopping list:

Pace® Picante Sauce
vegetable oil
garlic
orange juice
brown sugar
long-grain white rice
boneless chicken
breast halves

ORANGE PICANTE SAUCE CHICKEN

Prep Time: 10 min.

Cook Time: 20 min.

Servings: 4

- Wanna give your meal some spark? Here's what you do:
- Heat 1 tbsp. veg. oil in 10" skillet over medium-high heat.
 - Cook 4 skinless chicken breasts 10 minutes or until well browned on both sides. Remove from skillet and reduce heat to medium.
 - Add 2 cloves minced garlic. Stir for about a minute before adding in $\frac{1}{4}$ cup OJ, 1 tbsp. brown sugar and (here comes the spark we mentioned) $\frac{3}{4}$ cup Pace Picante sauce. Heat to a boil.
 - Put the chicken back in the skillet, cover and turn the heat down to low.
 - Cook about 5 minutes so the sauce can seep in and serve with 3 cups cooked rice.
 - Feeds 4. (Of course, you may wanna plan on people coming back for seconds.)



MADE RIGHT SINCE 1947™

MORE MOUTHWATERING DISHES AT PACERECIPES.COM



FOOD

→ HEALTHY MEALS → DELICIOUS DESSERTS → QUICK COOKING SOLUTIONS

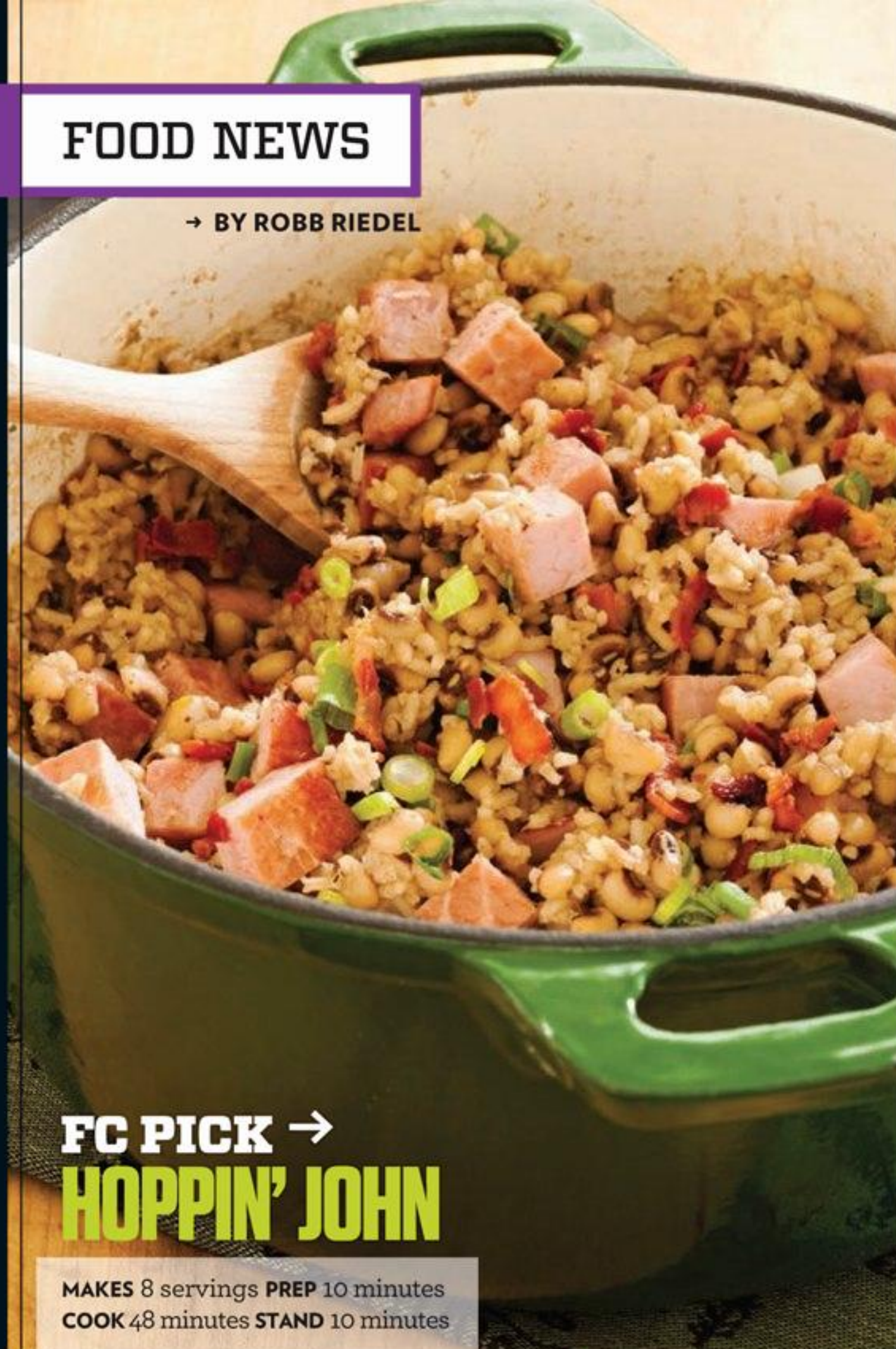
Photo: Roulier/Turiot//Photocuisine.

Best of the Bunch

Just over a century ago, bananas were unknown in the United States. Today they're a staple, due to their availability and nutritional benefits: One large banana packs 2 g of protein, 4 g of fiber and plenty of potassium. Think beyond breakfast and try this easy dessert recipe: Peel and slice 3 bananas on the diagonal. Melt $\frac{1}{4}$ cup unsalted butter in a skillet. Add 3 tablespoons dark-brown sugar and $\frac{1}{2}$ teaspoon vanilla extract, then the bananas. Cook 3 minutes until soft and caramelized. Serve over ice cream. Makes 2 cups.

FOOD NEWS

→ BY ROBB RIEDEL



FC PICK → HOPPIN' JOHN

MAKES 8 servings **PREP** 10 minutes
COOK 48 minutes **STAND** 10 minutes

Place 1½ cups dried black-eyed peas in a colander and rinse under cold water. In a large Dutch oven, cook 4 slices **bacon**, diced, over medium heat until crisp, 8 minutes. Remove bacon with slotted spoon. Set aside. Add 1 medium **onion**, chopped, to drippings; cook 5 minutes or until tender. Stir in black-eyed peas, bacon, 4 cups **water**, 8 ounces **diced ham**, ¼ teaspoon **cayenne** and ½ teaspoon **black pepper**. Bring to a boil; reduce heat. Simmer, covered, for 20 minutes. Stir in ¾ cup uncooked **converted long-grain white rice**. Return to boiling; reduce heat. Simmer, covered, for 15 minutes. Remove from heat. Let mixture stand, covered, for 10 minutes. Stir in 3 chopped **scallions** before serving.



BURN NOTICE

Not surprisingly, cooking is the number one cause of home fires—30% of household blazes start in the kitchen, more than in any other room in the house. To prevent a flare-up, follow these simple rules.

- Avoid wearing loose-fitting clothing and tie back long hair.
- Keep flammable items like cookbooks, curtains and dish towels away from heat surfaces.
- Turn handles of pots and pans inward.
- Unplug small appliances (toaster, coffee maker) when not in use, so they can't be turned on accidentally.
- Never throw water on a grease fire. Cover with a metal lid or baking soda.
- If a fire starts to spread, get out of the house immediately and call 911.
- Stash a kitchen fire extinguisher close to the stove. We love the First Alert Tundra, an easy-to-use aerosol for oil, fabric, wood and electrical fires. Stores nationwide or amazon.com, \$15

...5...4...3...2...1 Happy New Year!

Try one of these culinary customs to ring in 2011 with international flair—it's sure to bring good tidings in the coming months.

At midnight, revelers in **Spain** and parts of **Latin America** pop 12 grapes, one at each stroke of the clock, to symbolize success for each month of the coming year.

The **Japanese** eat buckwheat soba noodles, which are associated with a long life.

Pomegranates represent fertility and are popular in **Turkey** and other **Mediterranean countries**.

Leafy greens often signify money, so **Danes** eat stewed kale sprinkled with cinnamon.

In the **southern United States**, pork (prosperity) and black-eyed peas (luck) come together in Hoppin' John, usually eaten on New Year's Day (see recipe, left).

Flower Power

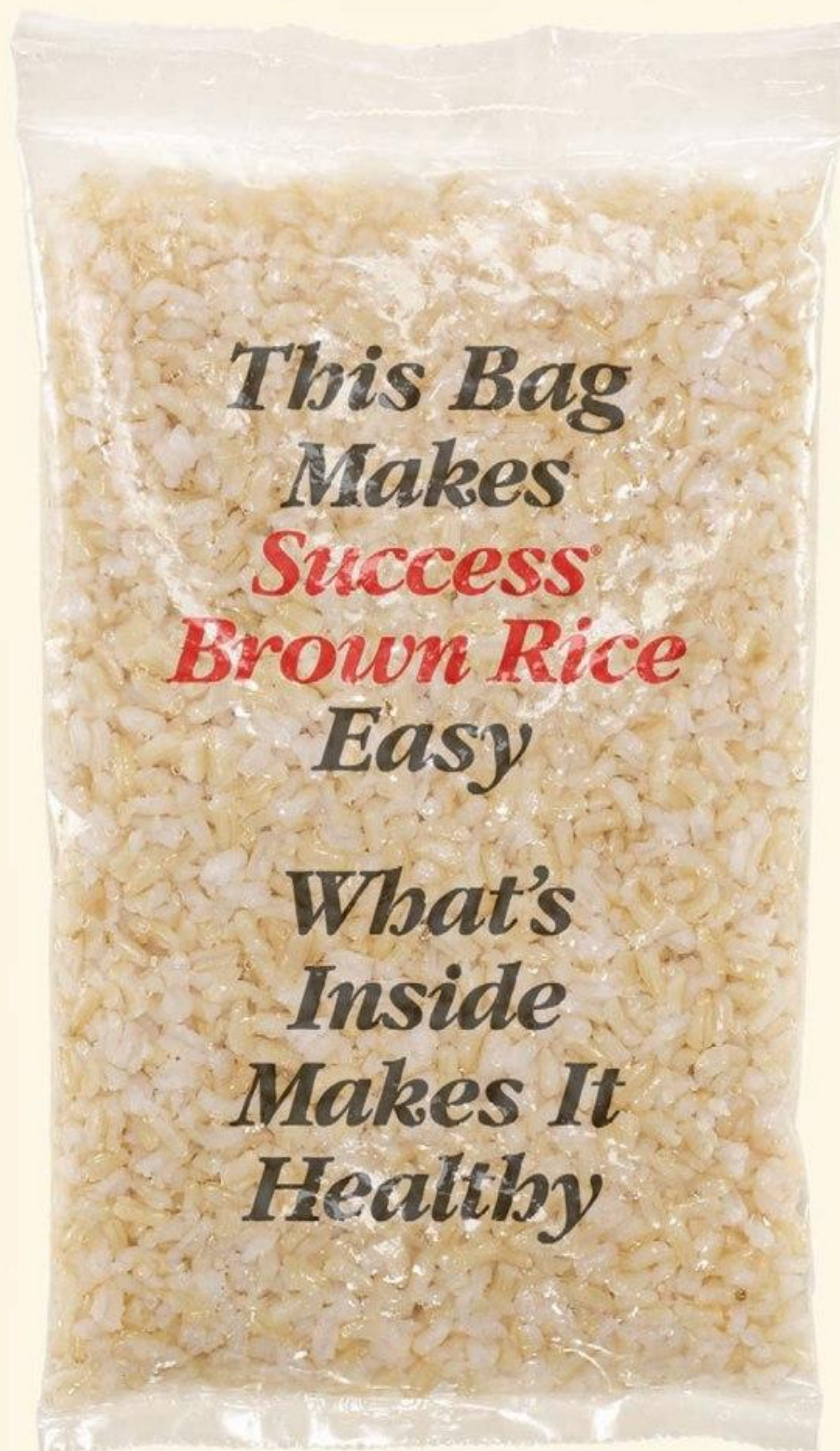
The hibiscus is a tropical icon, printed on nearly every Hawaiian shirt (it's the state's official bloom). Now the delicate blossom is making a name for itself in the kitchen, giving an exotic flavor to food and beverages. Better yet, studies have shown drinking hibiscus tea can lower blood pressure. Three products to try:

Republic of Tea's line of Hibiscus Superflower teas are high in vitamin C and contain no caffeine.
→ Republicoftea.com, \$9.50

Hint Honeydew Hibiscus water is a healthy alternative to soda, without any sweeteners.
→ Stores nationwide or drinkhint.com, \$2

Wild Hibiscus Flowers in Syrup turns a simple glass of sparkling wine into an impressive cocktail. The flowers are edible and taste of raspberry and rhubarb.
→ Wildhibiscus.com, \$11/jar





EASY.

Measure nothing.

HEALTHY.

100% whole grain,
just as nutritious as
long-cook brown rice.

FAST.

Ready in 10 minutes,
1/4 the time of long-
cook brown rice.

CONVENIENT.

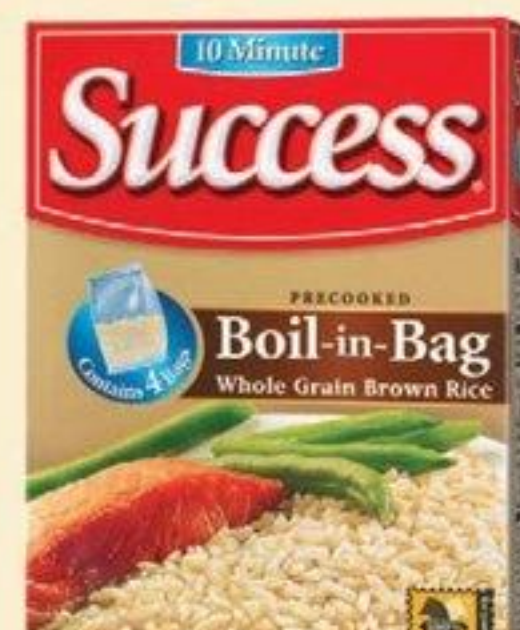
Once cooked, it
can sit in water up
to 30 minutes.

PERFECT.

It's guaranteed.

The 10 minute, foolproof, boil-in-bag brown rice.

SuccessRice.com



FOR TYPE 2 DIABETES

**Victoza® helped take
my blood sugar
and even
my weight* down...**

*Victoza® is not a weight-loss product.
Model is used for illustrative purposes only.



Indications and Usage:

Victoza® is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes when used along with diet and exercise.

Victoza® is not recommended as the first medication to treat diabetes. Victoza® is not insulin and has not been studied in combination with insulin. Victoza® is not for people with type 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza® is safe and effective in children. Victoza® is not recommended for use in children.

Important Safety Information:

In animal studies, Victoza® caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia

syndrome type 2 (MEN 2). While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Inflammation of the pancreas (pancreatitis) may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

Stop taking Victoza® and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works.

Also tell your doctor if you are allergic to any of the ingredients in Victoza®; have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food; have or have had kidney or liver problems; have any other medical conditions; are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding





and changed how I manage my type 2 diabetes.

Victoza® may help lower blood sugar—and can even lower your weight.

Non-insulin Victoza®, along with eating right and staying active, can make a real difference. And Victoza® is used once a day anytime, with or without food.

Plus, it helps keep important cells in your pancreas that control blood sugar—called beta cells—working the way they should. Victoza® works by targeting beta cells to help lower blood sugar when it is high.

If you're ready for a change, talk to your doctor about Victoza® today.

or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your breast milk.

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea. The dose of your sulfonylurea medicine may need to be lowered while taking Victoza®.

The most common side effects with Victoza® include headache, nausea, diarrhea, and resistance to liraglutide (antibody formation). Nausea is most common when first starting Victoza®, but decreases over time in most people. Immune system-related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

Please see Brief Summary of Important Patient Information on next page.

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.

Victoza® is a registered trademark of Novo Nordisk A/S.

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To learn more, visit victoza.com or call 1-877-4-VICTOZA (1-877-484-2869).



Non-insulin • Once-daily

ViCTOZA®
liraglutide (rDNA origin) injection
Make a Change Today

VICTOZA®

liraglutide (rDNA origin) injection

Important Patient Information

This is a BRIEF SUMMARY of important information about Victoza®. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about Victoza®, ask your doctor. Only your doctor can determine if Victoza® is right for you.

WARNING

During the drug testing process, the medicine in Victoza® caused rats and mice to develop tumors of the thyroid gland. Some of these tumors were cancers. It is not known if Victoza® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people. If MTC occurs, it may lead to death if not detected and treated early. Do not take Victoza® if you or any of your family members have MTC, or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in the body.

What is Victoza® used for?

- Victoza® is a glucagon-like-peptide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- Victoza® should not be used as the first choice of medicine for treating diabetes.
- Victoza® has not been studied in enough people with a history of pancreatitis (inflammation of the pancreas). Therefore, it should be used with care in these patients.
- Victoza® is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- It is not known if Victoza® is safe and effective when used with insulin.

Who should not use Victoza®?

- Victoza® should not be used in people with a personal or family history of MTC or in patients with MEN 2.

What is the most important information I should know about Victoza®?

- In animal studies, Victoza® caused thyroid tumors. The effects in humans are unknown. People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- In clinical trials, there were more cases of pancreatitis in people treated with Victoza® compared to people treated with other diabetes drugs. If pancreatitis is suspected, Victoza® and other potentially suspect drugs should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed. Victoza® should be used with caution in people with a history of pancreatitis.

- Serious low blood sugar (hypoglycemia) may occur when Victoza® is used with other diabetes medications called sulfonylureas. This risk can be reduced by lowering the dose of the sulfonylurea.
- Like all other diabetes medications, Victoza® has not been shown to decrease the risk of large blood vessel disease (i.e. heart attacks and strokes).

What are the side effects of Victoza®?

- Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath while taking Victoza®. These may be symptoms of thyroid cancer.
- The most common side effects, reported in at least 5% of people treated with Victoza® and occurring more commonly than people treated with a placebo (a non-active injection used to study drugs in clinical trials) are headache, nausea, diarrhea, and resistance to liraglutide (antibody formation).
- Immune system related reactions, including hives, were more common in people treated with Victoza® (0.8%) compared to people treated with other diabetes drugs (0.4%) in clinical trials.
- This listing of side effects is not complete. Your health care professional can discuss with you a more complete list of side effects that may occur when using Victoza®.

What should I know about taking Victoza® with other medications?

- Victoza® slows emptying of your stomach. This may impact how your body absorbs other drugs that are taken by mouth at the same time.

Can Victoza® be used in children?

- Victoza® has not been studied in people below 18 years of age.

Can Victoza® be used in people with kidney or liver problems?

- There is limited data on using Victoza® in people with kidney or liver problems. Victoza® should be used with caution in these types of people.

Still have questions?

This is only a summary of important information. Ask your doctor for more complete product information, or

- call 1-877-4VICTOZA (1-877-484-2869)
- visit victoza.com

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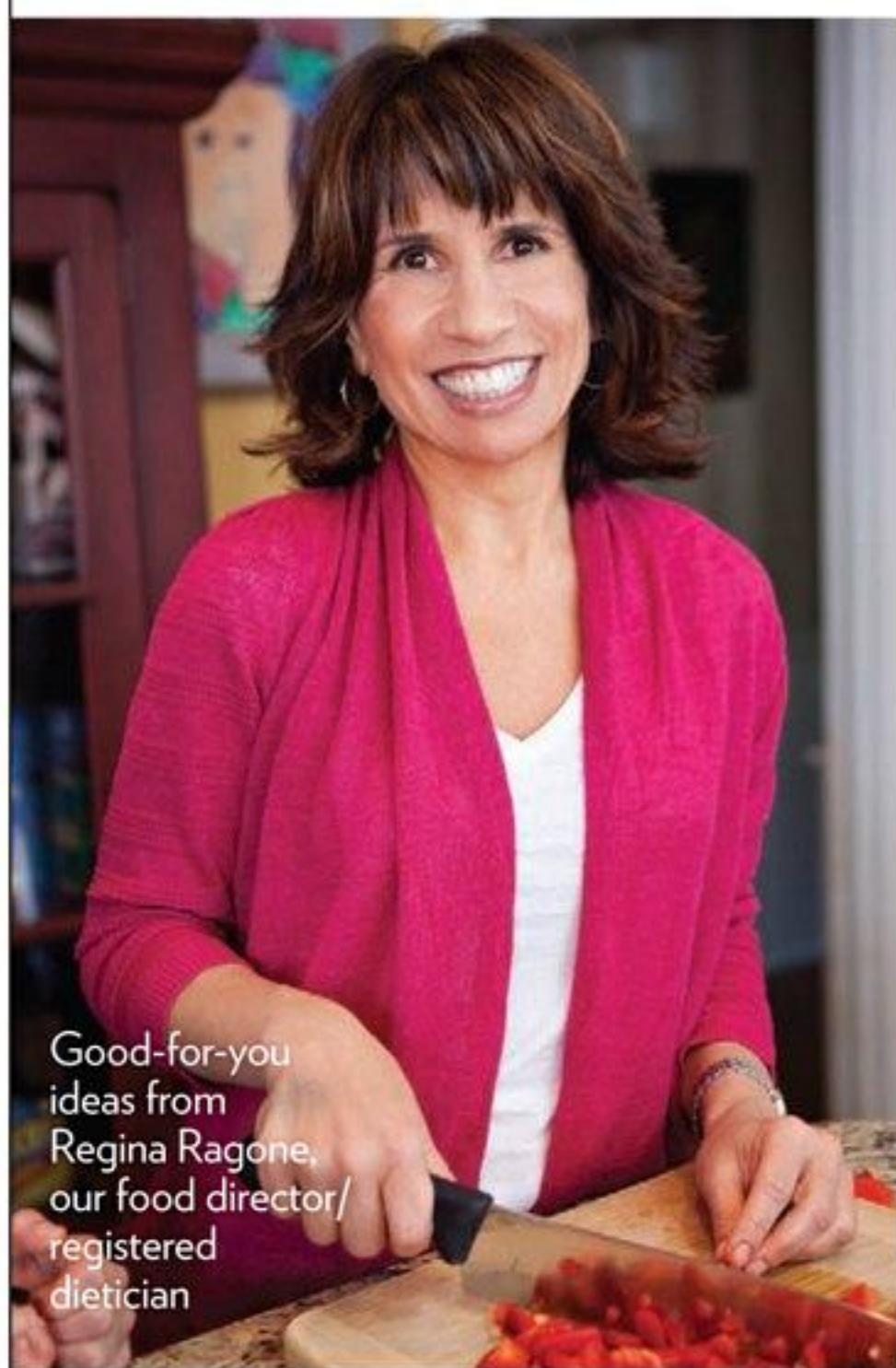
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141826 June 2010





Good-for-you ideas from Regina Ragone, our food director/registered dietician

A YEAR OF EATING Healthier

Having worked in the field of food and nutrition for over 25 years, I can tell you two things for sure: Experts know tons about what constitutes a healthy diet, and Americans are fatter than ever. Why are we struggling so, despite awesome advances in nutritional science, exercise physiology and food products? Jam-packed work schedules, hectic personal lives and poor cooking skills, among other reasons.

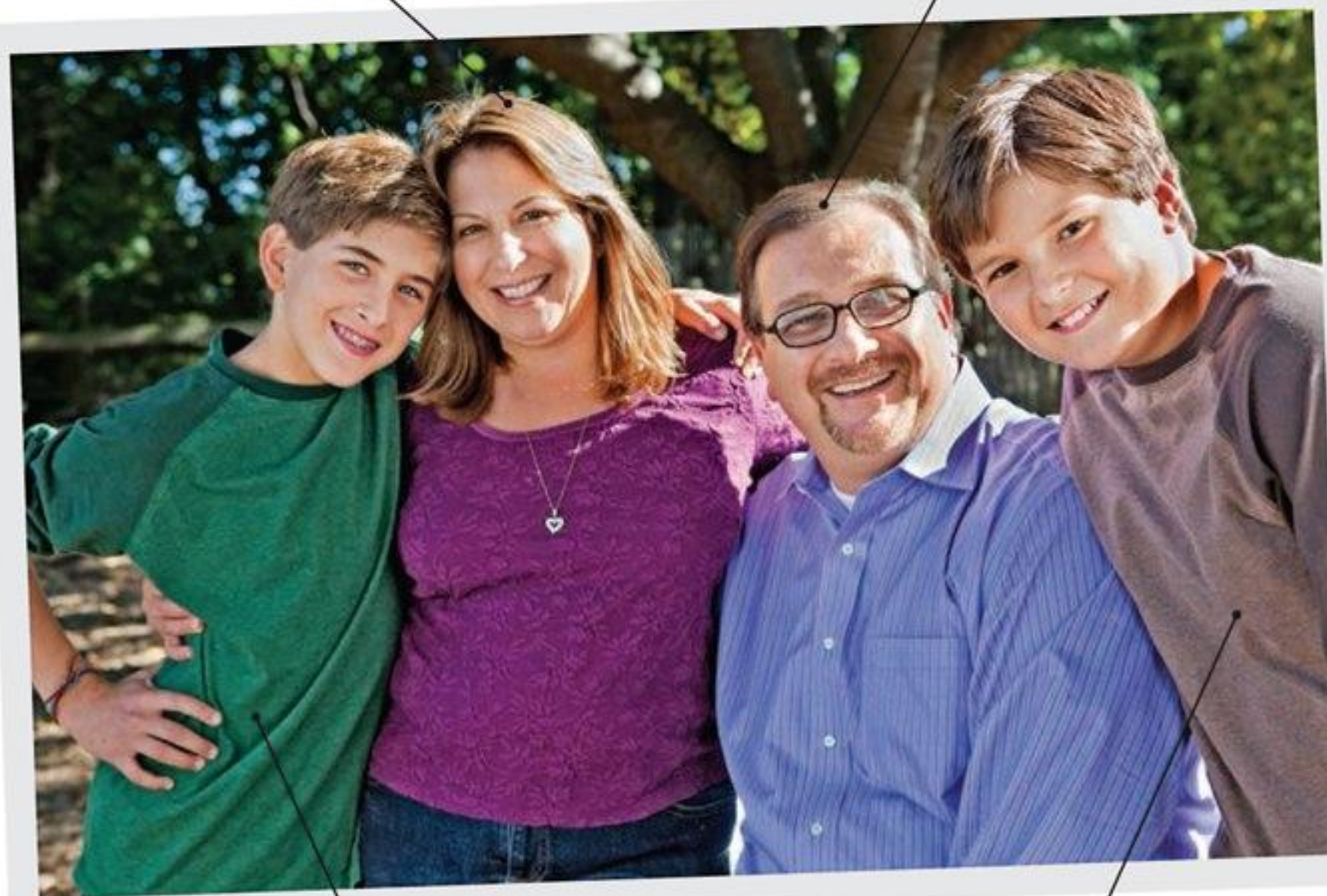


LISA

She'll learn to make delicious meals with less fat and sodium, and more vegetables.

MARC

I'll be working on getting him to eat regular meals during the day and to make better choices when eating out and snacking.



KYLE

I'm going to help him find ways to fit mini meals into his active schedule so he's fueled for sports and homework.

JACK

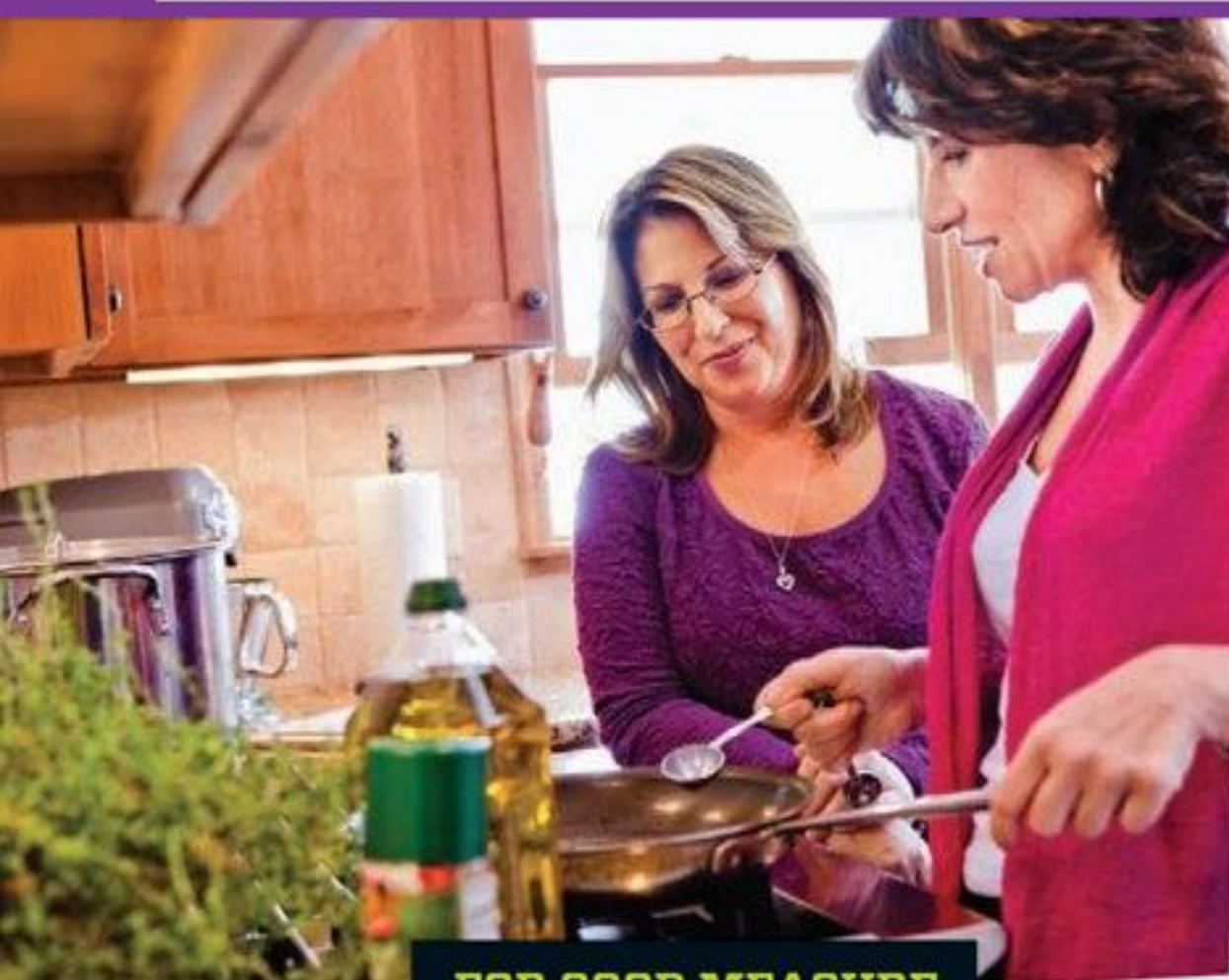
He enjoys cooking, so I'll develop nutritious snacks he'll love to make—and eat.

➔ We know you might be having a hard time too, and we want to provide solutions, so in that spirit we proudly kick off **"Healthy Family 2011"** this month. It's a yearlong soup-to-nuts nutrition makeover (with some fitness advice thrown in for good measure!) of a typical family—one like yours, with busy parents, busy kids and all of the usual issues that get in the way of healthy eating. The Rebuccis of Chester, New Jersey, are on the hot seat for the next 12 months—dad Marc is a member of FC's sales staff—but what we teach them will be useful to you as well. Think shopping and organizing advice, prep tips, cooking strategies and more—all the info necessary to adopt a game-changing healthier lifestyle.

First on the agenda for this crew: a process dieticians call journaling, which involves jotting down every single thing eaten for several days (preferably two weekdays and one weekend day). When everything is in writing it makes it easier to ID likely trouble spots and suggest fixes.

The second step is to introduce small, doable changes. In the Rebucci household, this meant switching from whole to skim milk, snacking on fruit, and becoming aware of portion sizes. It also entailed evaluating their pantry, to see what's got to go and what they should stock up on (see next page).

IN THE KITCHEN WITH REGINA



FOR GOOD MEASURE

Lisa cooked with olive oil, a healthy fat, but didn't realize each tablespoon has 150 calories and 15 g of fat. Now she uses only 1 to 2 tablespoons.



→ the *before* bunch



LISA, 47

→ Favorite Foods

Sweets—cookies, cakes, chocolate and pies.

→ Healthiest Habit

She weaned her family off fruit juice and soda, emphasizing water instead. She also cooks dinner nearly every night, so no high-cal take-out or restaurant meals.

→ Needs

Improvement

Cooks with too much fat and butter.

→ Workout regimen

Thrice-weekly power walks with her iPod, plus more strolling during her job as a dog walker.

→ Long-term goal

To learn how to cook healthy meals her family will love eating.



MARC, 51

→ Favorite Foods

Soup—lobster bisque, French onion and lentil top his list. He's also a big meat eater.

→ Healthiest Habit

Does "lots and lots" of yard work.

→ Needs

Improvement

Marc eats lunch out at a restaurant nearly every day and wants to choose food wisely.

→ Workout regimen

Two or three times a week Marc hits the gym for 45 minutes and mostly lifts weights.

→ Long-term goal

To lose enough weight to stop taking blood pressure, cholesterol and acid reflux medications, plus have more energy.



JACK, 13

→ Favorite Foods

Chicken and any other meat.

→ Healthiest Habit

A good breakfast before school.

→ Needs

Improvement

School lunch. In the cafeteria he picks from among pizza, tacos, chicken nuggets, hamburgers, hot dogs, Italian subs, chicken patties, French fries and chocolate milk.

→ Workout regimen

Practice sessions for cross-country and lacrosse at least twice a week.

→ Long-term goal

To maintain his weight and be more aware of healthier habits.



KYLE, 11

→ Favorite Food

Cheerios.

→ Healthiest

Habit A wholesome after-school snack, like an apple, string cheese or yogurt.

→ Needs

Improvement

School lunch (same issue as his brother).

→ Workout regimen

Twice-weekly cross-country and lacrosse practices. Sometimes he'll go to the track on days he doesn't have practice.

→ Long-term goal

To put a few pounds on his naturally thin frame, as recommended by his doctor. He craves nutrition advice, specifically for runners.

PANTRY RAID

Make sure you have the right ingredients to cook healthy meals.

- ① Read labels—many convenience products are high in sodium. Since you shouldn't be consuming more than 2,300 mg of this mineral per day, opt for fewer processed foods.
- ② Forgo high-sodium prepackaged rice mixes (a staple for the Rebuccis), and cook grains like brown rice, quinoa and barley from scratch, then add your own seasonings to control salt.
- ③ Stock up on herbs, spices, fruit and vegetable juices, nuts, dried fruit and vinegars to flavor foods instead of using salt and fat (see "Lighten Up," page 126).
- ④ Have ingredients on hand for go-to meals: whole-grain pastas, tomato sauce, beans, reduced-sodium soups and no-salt-added vegetables.
- ⑤ Don't forget snacks like air-popped popcorn, portion-controlled packs of nuts and dried fruit, peanut and almond butter, and baked crackers and chips.



UP NEXT MONTH ... HOW TO ENTERTAIN HEALTHFULLY, PLUS OUR SUPER BOWL PARTY.

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has as many antioxidants
as $\frac{1}{3}$ cup
ZUCCHINI



For more information, recipes and tips visit SPICESFORHEALTH.COM



»» LIGHTEN UP



We've introduced you to the Rebuccis on page 123, now meet their favorite recipes made over with a decidedly healthy spin.

recipes by michael tyrrell • photographs by tina rupp







Boosting the meat loaf with vegetables adds **fiber**, keeps fat down and helps you fill up faster. Small loaf pans create instant **portion control**.

individual sweet & savory meat loaf

MAKES 4 servings

PREP 20 minutes

BAKE at 350° for 45 minutes

- 1½ pounds lean ground beef (such as Laura's)
- ⅔ cup rolled oats
- ½ cup sweetened applesauce
- 1 large summer squash, shredded
- 2 large carrots, peeled and shredded
- 3 tablespoons ketchup
- 1 egg
- 1½ teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ plus ⅛ teaspoon salt
- ½ teaspoon black pepper
- 1½ pounds sweet potatoes, peeled and cut into ½-inch-thick half moons
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika (such as McCormick)
- Steamed broccoli (optional)

① Heat oven to 350°. Coat 4 small loaf pans (5 x 3 x 2-inch) with nonstick cooking spray.

② In a large bowl, mix together beef, oats, applesauce, squash, carrots, ketchup, egg, Italian seasoning, garlic powder, onion powder, ½ teaspoon salt and black pepper. Spoon into prepared loaf pans. Bake at 350° for 45 minutes or until internal temperature registers 160° on an instant-read thermometer. Cool slightly before turning out.

③ Meanwhile, in a large bowl, toss together sweet potatoes, olive oil and smoked paprika. Place on baking sheet and bake with meat loaf for 45 minutes or until tender. Sprinkle with ⅛ teaspoon salt.

④ Serve meat loaf with the sweet potatoes. Accompany with steamed broccoli, if desired.

PERSERVING 454 calories; 13 g fat (4 g sat.); 37 g protein; 47 g carbohydrate; 7 g fiber; 667 mg sodium; 141 mg cholesterol

INSIDE DISH

Lean ground beef helps keep fat in check.



Sweet potatoes as a side dish are a great source of vitamin A, vitamin C and potassium.



Oats replace bread crumbs for less sodium and calories and more fiber.



new england clam & corn chowder

MAKES 4 servings

PREP 15 minutes **COOK** 17 minutes

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- $\frac{1}{2}$ cup dry white wine
- $\frac{1}{4}$ cup all-purpose flour
- 2 cups reduced-fat (2%) milk
- 1 cup low-sodium chicken broth
- 3 cans (6 ounces each) minced clams
- 1 pound small red-skinned potatoes, cut into $\frac{1}{2}$ -inch pieces
- 2 cups frozen corn, thawed
- 1 teaspoon low-sodium Old Bay seasoning
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 tablespoons chopped parsley
- Tossed salad, crusty bread (optional)

① Heat oil in a large saucepan over medium heat; add onion and cook 5 minutes, stirring occasionally. Stir in wine and cook 1 minute; sprinkle in flour and cook 1 minute.

② Gradually stir in milk and chicken broth. Drain liquid from clams into measuring cup. Add 1 cup of the clam juice to the pot and reserve the clams. Add potatoes, cover and simmer 10 minutes.

③ Add reserved clams, corn, Old Bay, salt and pepper. Bring to a simmer to heat through. Turn off heat and stir in parsley.

④ Serve with tossed salad and crusty bread, if desired.

PER SERVING 381 calories; 7 g fat (2 g sat.); 21 g protein; 56 g carbohydrate; 4 g fiber; 807 mg sodium; 38 mg cholesterol



INSIDE DISH

Potatoes bulk up chowder, making it a filling meal.



We slashed fat by switching out heavy cream for reduced-fat (2%) milk.



Traditional New England clam chowder is made with a generous dose of bottled clam juice, which is very high in sodium. Here, we used reduced-sodium chicken broth to cut the salt and enhance flavor.





Chicken Francese is usually battered and then sautéed in butter, but ours is **grilled** and has a **lighter version of the sauce** on the side so you can control how much you're consuming.

INSIDE DISH

Adding a small portion of butter to the sauce at the end maximizes flavor. Ours has just $\frac{1}{4}$ the amount found in traditional Francese recipes.



Grilled polenta is a crunchy, satisfying side dish that is also a good source of fiber.



grilled chicken "francese-style"

MAKES 4 servings **PREP** 15 minutes
GRILL 10 minutes **COOK** 6 minutes

- 1½ pounds** thinly sliced chicken cutlets
- 1½ teaspoons** lemon pepper
- ½ package** (18 ounces) prepared polenta, cut into $\frac{1}{2}$ -inch-thick slices
- 1 tablespoon** olive oil
- 3 tablespoons** chopped shallot
- ½ cup** white wine
- 1 tablespoon** all-purpose flour
- 1 cup** low-sodium chicken broth
- 2 tablespoons** lemon juice
- 2 tablespoons** capers
- 2 tablespoons** chopped parsley
- ¼ teaspoon** salt
- ⅛ teaspoon** black pepper
- 2 tablespoons** unsalted butter
- Roasted carrots** (optional)

- ① Heat a lightly greased grill pan

over medium-high heat. Season the chicken with the lemon pepper. Grill 3 minutes per side or until internal temperature registers 160° on an instant-read thermometer. Remove and keep warm. Grill polenta slices 1 to 2 minutes per side until grill marks form. Set aside.

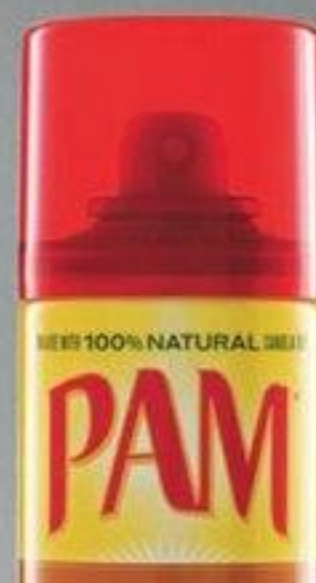
② In a medium-size saucepan, heat oil over medium-high heat. Add shallot and cook 3 minutes, stirring occasionally. Add wine and simmer 1 minute. Stir together flour and broth and add to saucepan; simmer 2 minutes, until thickened. Stir in lemon juice, capers, parsley, salt and pepper. Whisk in butter.

③ Serve chicken with the sauce and the grilled polenta. Accompany with roasted carrots, if desired.

PER SERVING 356 calories; 13 g fat (5 g sat.); 37 g protein; 16 g carbohydrate; 1 g fiber; 745 mg sodium; 109 mg cholesterol



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Swapping some of the meat for **extra vegetables** adds vitamins and fiber and cuts fat. Keep **microwave-ready produce** on hand to make meal prep easier.

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pork teriyaki

MAKES 4 servings **PREP** 20 minutes
MARINATE 2 hours **COOK** 12 minutes

PORK

- 2 tablespoons light teriyaki sauce
- 4 cloves garlic, chopped
- Juice and zest of 1 lime
- 1 pound pork tenderloin

SAUCE

- 1 can (14.5 ounces) low-sodium chicken broth
- 3 tablespoons light teriyaki sauce
- 4 teaspoons cornstarch
- 1 teaspoon sugar
- $\frac{3}{4}$ teaspoon hot sauce

VEGETABLES

- 2 tablespoons vegetable oil
- 1 large onion, peeled and thinly sliced
- 1 red pepper, seeded and sliced
- 8 ounces sliced mushrooms
- 1 bunch scallions, trimmed and cut into 1-inch pieces
- 1 bag (12 ounces) microwave-ready green beans, cooked following package instructions
- 3 cups cooked brown rice

① **Pork.** In a large zip-top bag, combine teriyaki sauce, garlic, lime juice and zest. Add pork and marinate in refrigerator for 2 hours.

② **Sauce.** In a small bowl, combine chicken broth, teriyaki sauce, cornstarch, sugar and hot sauce. Set aside.

③ **Vegetables.** Remove pork from marinade and discard marinade. Cut pork into $\frac{1}{2}$ -inch slices. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Stir-fry pork for 3 minutes. Remove from skillet and keep warm.

④ Add remaining tablespoon oil to skillet. Add onion and cook 4 minutes; stir in red pepper, mushrooms and scallions. Cook 3 minutes. Stir in the green beans, broth mixture and pork. Simmer for 2 minutes, until thickened.

⑤ Serve the pork over cooked brown rice.

PER SERVING 501 calories; 13 g fat (2 g sat.); 33 g protein; 66 g carbohydrate; 9 g fiber; 746 mg sodium; 74 mg cholesterol



INSIDE DISH

Stir-frying in a non-stick skillet requires less oil, which means less fat.



Pork tenderloin is a very lean protein source.

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Multigrain pasta mixed with lots of greens effortlessly ups your family's whole-grain and vegetable intake.

penne with vodka sauce & vegetables

MAKES 6 servings **PREP** 20 minutes
LET STAND 10 minutes **COOK** 16 minutes

- 1 box (14½ ounces) Barilla Plus Multigrain Penne
- 1 pound zucchini, cut into ½-inch quarter-moons
- 1 cup frozen peas
- 8 cups baby spinach
- 1 tablespoon olive oil
- 1 small onion, peeled and finely chopped
- 6 ounces sliced Canadian bacon, chopped
- ⅓ cup vodka
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (8 ounces) no-salt-added tomato sauce
- ½ teaspoon salt
- ⅛ to ¼ teaspoon red pepper flakes
- ½ cup fat-free half-and-half
- ½ cup shredded Parmesan cheese

① Bring a large pot of lightly salted water to a boil. Add penne and cook following package directions, 11 minutes. Add zucchini and peas during last 3 minutes. Stir in spinach. Drain and place back into the pot.

② Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add onion and cook 5 minutes, stirring occasionally; add Canadian bacon and vodka and cook 1 minute. Stir in tomatoes,

tomato sauce, salt and red pepper. Reduce heat to medium-low and simmer, uncovered, for 10 minutes.

③ Stir half-and-half and ¼ cup cheese into the sauce. Toss with pasta and let stand for 10 minutes. Stir and spoon into serving bowl and top with remaining cheese.

PER SERVING 457 calories; 8 g fat (2 g sat.); 25 g protein; 63 g carbohydrate; 9 g fiber; 741 mg sodium; 24 mg cholesterol

INSIDE DISH

We used fat-free half-and-half to achieve the creaminess and richness we wanted while keeping fat down.



No-salt-added diced tomatoes help reduce sodium.



Canadian bacon is lean but still loaded with flavor.



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^{*}8oz juice = 2 (1/2 cup) servings of vegetables



V8healthyweight.com

Adding fewer
chocolate chips and
chopped nuts
reduces calories—
but your kids
won't notice.



peanut-chip cookies



MAKES 60 cookies

PREP 15 minutes

REFRIGERATE 15 minutes

BAKE at 350° for 12 minutes

- 1¾ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup reduced-fat peanut butter
- ¼ cup (½ stick) unsalted butter, softened
- ½ cup packed light-brown sugar
- ¼ cup plus 1 tablespoon granulated sugar
- ¼ cup fat-free milk
- 1 egg
- 1 teaspoon vanilla extract
- ⅓ cup mini chocolate chips
- ¼ cup finely chopped peanuts

- ① Heat oven to 350°.
- ② In a medium-size bowl, whisk together flour, baking soda and salt. Set aside.
- ③ In a large bowl, beat peanut butter and butter on medium speed 2 minutes, until creamy. Add brown sugar and ¼ cup of the granulated, and beat 2 minutes. Beat in milk, egg and vanilla. Beat in dry ingredients

until just combined. Stir in chips and nuts. Chill dough 15 minutes.

④ For each cookie, roll 2 teaspoons of dough into a ball and place on baking sheets 2 inches apart. With fork, flatten each ball into a 1½-inch round, making a crosshatch pattern. Sprinkle a small amount of the remaining sugar over the top of each.

⑤ Bake at 350° for 10 to 12 minutes, until lightly browned around edges. Let cool on sheets 1 minute. Transfer to rack; let cool.

PER COOKIE 48 calories;
2 g fat (0 g sat.); 1 g protein;
7 g carbohydrate; 0 g fiber;
50 mg sodium; 4 mg cholesterol

INSIDE DISH

Using reduced-fat peanut butter and less butter in our recipe helps cut fat.



Making our cookies smaller means you get to eat more than one.

3 servings of
veggies in one box.
Pretty amazing
they all fit.



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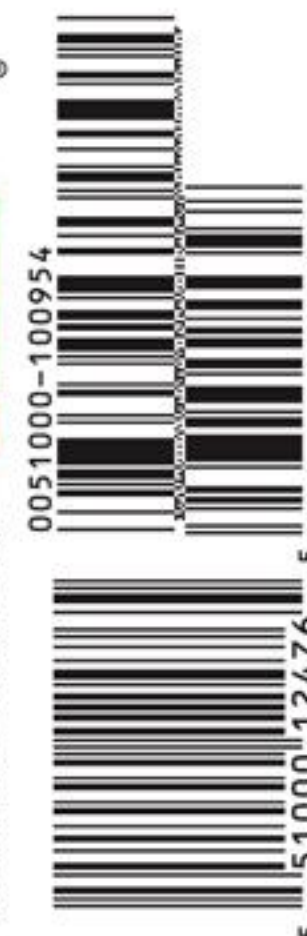
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SLOW COOKER SUPPERS

→ BY CINDY HELLER

EASY WEEKNIGHT DINNERS



HEARTY MEATLESS SAUCE

MAKES 8 servings

PREP 15 minutes

SLOW COOK 3½ hours on HIGH or 5 hours on LOW

- 1 large green pepper, seeded and finely chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cans (28 ounces each) whole plum tomatoes in puree
- 1 package (12 ounces) soy crumbles
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried basil
- ½ teaspoon sugar
- ½ teaspoon salt
- 12 ounces uncooked spaghetti, broken into thirds
- ¼ cup chopped fresh basil
- 2 tablespoons chopped parsley

① Stir together pepper, onion, garlic, tomatoes, soy crumbles, vinegar, dried basil, sugar and salt in slow cooker, breaking up tomatoes with a wooden spoon. Cover and cook on HIGH for 2½ hours or on LOW for 4 hours.

② Stir in spaghetti, 1 cup boiling water, fresh basil and parsley and cover; cook for another hour or until pasta is tender.

PER SERVING 279 calories; 1 g fat (0 g sat.); 17 g protein; 49 g carbohydrate; 8 g fiber; 746 mg sodium; 0 mg cholesterol

HARVEST CHICKEN & POTATOES

MAKES 6 servings

PREP 20 minutes

SLOW COOK 5 hours on HIGH or 7 hours on LOW

- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces
- 3 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 12 ounces small new potatoes, scrubbed and halved
- 2 cups baby carrots, cut into thirds
- 2 celery stalks, cut into ½-inch pieces
- 1 large onion, chopped
- 1 can (4 ounces) sliced mushrooms, drained
- 2 cloves garlic, minced
- ¾ teaspoon dried thyme
- ½ teaspoon dried sage
- 1 cup low-sodium chicken broth
- 1 tablespoon unsalted butter, softened

① In a medium-size bowl, stir together chicken, 2 tablespoons of the flour, ¼ teaspoon of the salt and the pepper; add to slow cooker. Stir in potatoes, carrots, celery, onion, mushrooms, garlic, ½ teaspoon of the thyme, the sage and broth. Cover and cook on HIGH for 4 hours or on LOW for 6 hours.

② In a small bowl, stir together remaining 1 tablespoon flour and the butter until a paste forms. Push the chicken and veggies to one side and whisk paste, remaining ¼ teaspoon each salt and thyme into slow cooker bowl. Cook 1 more hour or until thickened.

PER SERVING 194 calories; 3 g fat (1 g sat.); 21 g protein; 21 g carbohydrate; 3 g fiber; 455 mg sodium; 50 mg cholesterol





BEEF STROGANOFF

MAKES 6 servings

PREP 15 minutes

SLOW COOK 4½ hours on HIGH or 6½ hours on LOW

- 1½ pounds beef chuck steak, trimmed and cut into ½-inch cubes
- 1 package (14 ounces) white mushrooms, cleaned and quartered
- 2 onions, finely chopped
- 2 tablespoons tomato paste
- 1 cup low-sodium beef broth
- ½ cup white wine
- ¼ cup low-sodium soy sauce
- 1 cup reduced-fat sour cream
- 2 tablespoons cornstarch
- ¼ teaspoon black pepper
- 6 cups cooked egg noodles (optional)
- 3 tablespoons chopped parsley (optional)

① Combine beef, mushrooms, onions, tomato paste, broth, wine and 3 tablespoons of the soy sauce in slow cooker bowl. Cover and cook on HIGH for 4 hours or on LOW for 6 hours or until beef is tender.

② In a small bowl, stir together sour cream, remaining 1 tablespoon soy sauce, cornstarch and black pepper; whisk into slow cooker bowl and cook an additional 30 minutes or until sauce has thickened. Serve over egg noodles and sprinkle with parsley, if desired.

PER SERVING 246 calories; 8 g fat (3 g sat.); 26 g protein; 13 g carbohydrate; 1 g fiber; 373 mg sodium; 78 mg cholesterol

INDIAN-SPICED CHICKEN THIGHS

MAKES 4 servings

PREP 15 minutes

SLOW COOK 3 hours, 15 minutes on HIGH or 5 hours, 15 minutes on LOW

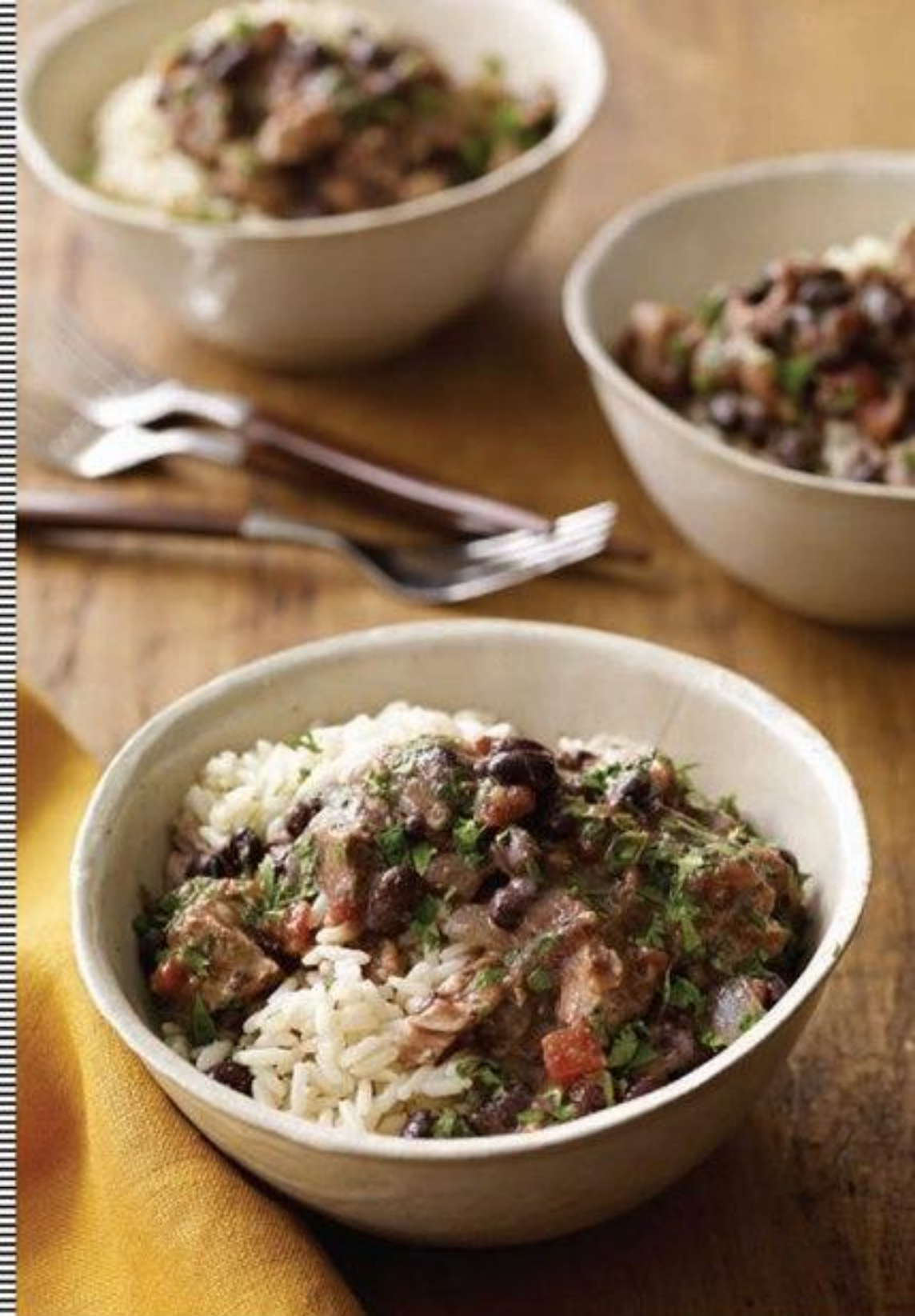
- 3 pounds boneless, skinless chicken thighs
- 2 onions, thinly sliced
- 3 garlic cloves, minced
- ½ cup golden raisins
- 1¾ teaspoons garam masala
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup low-sodium chicken broth
- ½ cup plain yogurt
- 2 tablespoons cornstarch
- ⅓ cup toasted slivered almonds
- 2 cups cooked basmati rice (optional)

① Combine chicken, onions, garlic, raisins, 1 teaspoon of the garam masala, ¼ teaspoon of the salt, the pepper and broth in slow cooker bowl. Cover and cook for 3 hours on HIGH or 5 hours on LOW.

② In a small bowl, stir together the remaining ¾ teaspoon garam masala, remaining ¼ teaspoon salt, the yogurt and cornstarch. Remove chicken to a platter and keep warm.

③ Whisk yogurt mixture into slow cooker bowl and cover; cook an additional 15 minutes or until sauce has thickened. Stir in almonds and serve sauce with chicken over rice, if desired.

PER SERVING 621 calories; 24 g fat (5 g sat.); 73 g protein; 33 g carbohydrate; 3 g fiber; 717 mg sodium; 333 mg cholesterol



BLACK BEANS & PORK

MAKES 6 servings

PREP 15 minutes

SLOW COOK 4 hours on HIGH or 6 hours on LOW

- 1½ pounds boneless pork loin, trimmed and cut into ½-inch cubes
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 onion, chopped
- 2 cans (15 ounces each) black beans, drained and rinsed
- 1 can (14.5 ounces) diced tomatoes with green chilies (such as Del Monte)
- ¼ cup chopped cilantro
- 3 cups cooked white rice (optional)

① In a slow cooker bowl, toss together pork, chili powder, coriander, salt and pepper. Stir in onion, beans, tomatoes and 1¼ cups water. Cover and cook on HIGH for 4 hours or on LOW for 6 hours.

② Stir in cilantro. Using a potato masher, mash beans slightly until mixture is thickened. Serve bean mixture over rice, if desired.

PER SERVING 311 calories; 9 g fat (3 g sat.); 30 g protein; 25 g carbohydrate; 9 g fiber; 1,043 mg sodium; 56 mg cholesterol ●

» Get all our slow cooker recipes at familycircle.com/slowcooker



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COVER RECIPE



CLASSIC CINNAMON BUNS

MAKES 12 buns **PREP** 20 minutes

RISE 2¼ hours **BAKE** at 350° for 40 minutes

1 cup milk

1 envelope (¼ ounce) active dry yeast

¼ cup warm water (100° to 110°)

3 tablespoons granulated sugar

2 large eggs

¼ cup (½ stick) unsalted butter, melted

4½ to 5 cups all-purpose flour

½ teaspoon salt

FILLING

½ cup (1 stick) unsalted butter, softened

¼ cup granulated sugar

1 cup packed light-brown sugar

1 tablespoon cinnamon

1 cup coarsely chopped pecans

GLAZE

2 cups confectioners' sugar

1 to 3 tablespoons milk

① Heat milk in a small saucepan over medium heat until it just begins to boil. Remove from heat and let stand until cooled to room temperature.

② Meanwhile, sprinkle the yeast over the warm water in a large bowl. Add 1 tablespoon of the sugar and let stand until foamy, about 5 minutes. Beat in the remaining 2 tablespoons sugar, eggs and butter. Beat in cooled milk.

③ Gradually add 4 cups of the flour and the salt, scraping down side of bowl, until a soft dough forms. Turn dough onto a floured work surface. Knead into the dough as much of the remaining flour as necessary, adding more if too sticky. Knead for about 10 minutes until smooth. The dough will be soft.

④ Grease a large bowl. Place the dough in the bowl. Cover with plastic

wrap and place in a warm spot until doubled in size, about 1½ hours.

⑤ Coat two 9-inch round baking pans or cast iron skillets with nonstick cooking spray. Line bottoms with waxed paper; coat paper with spray. Prepare **Filling**. Mix butter, both kinds of sugar and cinnamon together in a medium-size bowl.

⑥ Punch down dough. Roll out dough on a lightly floured surface to an 18 x 12-inch rectangle. Spread the butter-sugar mixture over the dough. Sprinkle with nuts. Starting on one long side, roll up jelly-roll fashion and pinch seam to close.

⑦ Cut crosswise into 12 generous 1½-inch pieces. Arrange 6 pieces, cut-side down, in each prepared pan. Cover with plastic wrap and let sit in a warm spot until buns double in size, about 30 to 45 minutes. Or cover tightly with plastic wrap and refrigerate until the following morning.

⑧ Heat oven to 350°. Uncover pans and bake buns until they are golden brown and bubbly, 30 to 40 minutes. Transfer to a wire rack and let cool 10 minutes.

⑨ **Glaze.** Mix confectioners' sugar and 1 tablespoon of the milk, adding more milk as necessary, to make a smooth glaze. Drizzle glaze on top of buns (about ⅓ cup per pan) and serve.

PER BUN 554 calories; 21 g fat (9 g sat.); 8 g protein; 86 g carbohydrate; 3 g fiber; 128 mg sodium; 68 mg cholesterol



Text **FC CINNAMON BUNS** to **76477 (S-N-I-P-P)** to have this month's cover recipe and shopping list sent to your phone and e-mail. Standard text-messaging rates apply.

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•from the editor

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STYLE NEWS

Page 75: (Clockwise from top center):

Janie Bryant for Nailtini Nail Lacquer in French 75, tinibeauty.com, \$14;

Revlon Metallic Nail Enamel in Copper Penny, drugstores, \$5.50; **OPI** Nail Lacquer in Take the Stage,

opi.com, \$8.50; **Sally Hansen**

Complete Salon Manicure in Golden Ticket, drugstores, \$7; **Janie Bryant**

for **Nailtini** Nail Lacquer in Bourbon Satin, tinibeauty, \$14; **OPI** Nail Lacquer in Rising Star, opi.com, \$8.50.

Page 76: Family Jewels: **Tzen** Don't Leaf Me (\$150), Champagne Quartz (\$150), Green Drop Gold Threaders (\$110), shoptzen.com for locations.

Rainbow Connection: **Chinese**

Laundry, chineselaundry.com, \$59. **Ugg Australia**, uggaustralia.com, \$130.

Restricted Footwear, sears.com, \$65.

House Call: **Clairel Nice 'n Easy** Color Blend Foam, drugstores, \$9. Go Team:

NFL Women's Apparel by Reebok, Macy's stores, \$70.



WISH LIST

Page 89: Scarf, **American Living** for **JCPenney**, americanliving.com, \$19.

Watch, **A. Tierney**, atierney.com, \$38.

Cardigan, **Aerie**, aerie.com, \$44.50.

Blazer, **Spring + Mercer**, Bloomingdale's stores, \$56. Knit bag, **Accessorize**,

accessorize.com, \$65. Socks, **K. Bell**, kbell.com, \$8/pair. Skirt, **Song Valerie**

Gregori McKenzie, 919-933-3902,

\$150. Dress, **London Times**, Dillard's stores, \$89. Tank, **Apt. 9**, Kohl's stores

and kohls.com, \$30.



HOW TO LOOK YOUNGER

Page 80: **Olay** Professional Pro-X Deep Wrinkle Treatment, drugstores, \$42.

Pages 82–83: Ring, **Lena Skadegard**, fragments.com. **Garnier** Skin Renew Anti-Puff Eye Roller, drugstores, \$13.

Aveeno Positively Radiant Daily Moisturizer SPF 30, drugstore.com, \$16.

Ren Anti-Acne Treatment Mask, Sephora stores, \$45. **La Roche-Posay** Effaclar Toner, \$21, drugstores.

Page 84: **CeraVe** Moisturizing Cream, drugstores, \$15. ●

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my family life

→ BY PATTY A. MARTINEZ



Mario Batali

The 50-year-old celebrity chef believes in being as creative a parent as he is a cook. He and his wife, Susi, have a blast with sons Benno, 14, and Leo, 12—in and out of their New York City kitchen.

How long have you been passionate about food?

Since birth! Everyone in my family cooked—my parents, aunts, uncles, even my cousins. We hunted our own meat, cured our own olives, pickled our own vegetables, made our own pasta. Our idea of a rainy-day activity was making 200 pounds of sausage! Cooking was always an expression of love.

You partnered with Barilla on its Share the Table campaign [share thetable.com], which encourages families to sit down together for meals. Why is that important?

Gathering around food to talk about the day's highs and lows helps my family stay connected. Since my schedule includes late nights, I cook and eat breakfast with

my boys every morning and try to be home almost every night for dinner. Those are truly the best parts of my day.

Does your family have a favorite meal? There are several dishes we eat almost every week. One is some kind of pasta, whether we make it by hand or from a box. [Go to familycircle.com/mariobatali to see his recipe for Linguine Cacio e Pepe.] Thursday is always fish taco night. And one night a week we order from [my restaurant] Otto. Each son orders the pizza named after him. The Benno is made with pesto and mozzarella, and the Leo is made with pork cheek, chickpeas, tomato and cheese.

Does Susi cook? My wife makes my birthday cake every year: an orange sunshine cake with butter cream frosting and mandarin oranges. That's it. Otherwise, she leaves the cooking to me.

And isn't orange your signature color? It is! Here's how it started. When my kids were 4 and 6 we would send them out to play in a virtual tidal wave of kids wearing black or gray. We started dressing them in orange so we could see them from a distance. It became an easy identifier and the boys fell in love with it. These days if you ask why they wear so much orange, they say because it's a happy color—and it's the national color of Batali!

it's all relative

Culinary claim to fame

He co-owns 15 restaurants and has written 8 cookbooks. He has also starred on the Food Network's *Iron Chef America*.

Like father, like sons

"People tell me my sons look like me, especially Leo. But they're better looking and funnier than I am. The truth is, I wish I were more like them."

Favorite getaways

"We have a quiet vacation home in Michigan. I'll spend two months there over the summer without a cell phone or computer, golfing, swimming in the lake and cooking for family and friends. It's heaven!"

Batali book club

"My boys share my love of reading. When they were younger, we'd read *Green Eggs and Ham* and *Goodnight Moon* together. This summer we read *All Quiet on the Western Front* and *This Boy's Life*. When I wasn't looking, they grew up!"

FamilyCircle.com

Read the full interview at familycircle.com/mariobatali

"Once you have children you don't need to spend as much time with your adult friends anymore. It's twice as much fun to hang out with your kids."

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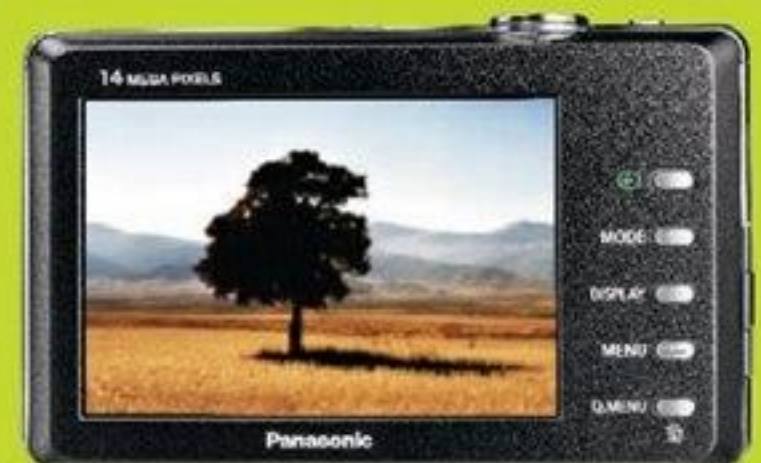
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